

OCTOBER

K-12 SCHOOL LUNCH MENU

ENTREES OFFERED DAILY

SunWise Sandwich (vg)
with Cheese Stick (v) or Hummus (vg) and Crackers

Yogurt (v)
with Granola (vg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Waffles 5 Hamburger  Cheeseburger Fiesta Queso Mac 'n Cheese (v)* with Garlic Bread <i>Potato Wedges</i> <i>Chilled Peaches</i>	Popcorn Chicken 6 with Garlic Knot Veggie Buffalo Bites (vg) with Garlic Knot  Sloppy Joe Sliders <i>Baked Beans</i> <i>Apple Wedges</i>	Pizza Sticks (v)* 7 Honey Fire Chicken with Cinnamon Bread  Grilled Cheese Sandwich (v) <i>Stir Fried Cabbage</i> <i>Orange Wedges</i>	Nachos 8 with Spicy Beef Chicken & Cheese Empanada Cheese Quesadilla (v)* <i>Cilantro Lime Rice</i> <i>Graham Banana Bites</i>	Baked Ziti (v)* 9 with Garlic Bread Cheese Pizza (v)  Detroit-Style Pepperoni Pizza <i>Asian Pears</i> <i>Parmesan Broccolini</i>
NO SCHOOL 12	Popcorn Chicken 13 with Dinner Roll Hamburger  Cheeseburger Grilled Cheese Sandwich (v) <i>Mashed Potatoes</i> <i>House Salad</i>	Breakfast Pizza (v) 14 French Toast Sticks (v) with Egg Bites (v) Bird Dog <i>Tri-Taters</i> <i>Tropical Fruit Salad</i>	Nachos 15 with Spicy Beef Beef & Bean Burrito  Pizza Boli Bites (v) <i>Baked Plantains</i> <i>Seasoned Pinto Beans</i>	Chili Dog 16 Pepperoni Pizza Pizza Sticks (v)* <i>Roasted Sweet Potatoes and Apples</i> <i>Spring Mix Salad</i>
Chicken Drumstick 19 with Dinner Roll Crispy Chicken Sandwich Fiesta Queso Mac 'n Cheese (v)* with Dinner Roll <i>Potato Wedges</i> <i>Chilled Mixed Fruit</i>	Popcorn Chicken 20 with Garlic Knot  Veggie Buffalo Bites (vg) with Dinner Roll Grilled Cheese Sandwich (v) <i>Sunshine Carrots</i> <i>Frosty Berries</i>	General Tso's Chicken 21 with Naan  Butter Chicken with Naan Pizza Sticks (v)* <i>Steamed Broccoli</i> <i>Cran-Blueberry Salad</i>	Nachos 22 with Spicy Beef Beef & Bean Burrito  Cheese Quesadilla (v)* <i>Cilantro Lime Rice</i> <i>Seasoned Black Beans</i>	Cheese Pizza (v) 23  Meat Lover's Pizza Spaghetti & Meat Sauce with Garlic Bread <i>Kickin' Roasted Veggies</i> <i>Frozen Fruit Cup</i>
 Spicy Chicken Sandwich 26 Pizza Sticks (v)* Grilled Cheese Sandwich (v) <i>Curly Fries</i> <i>Broccoli & Cheese Soup</i>	 Popcorn Chicken 27 with Dinner Roll Pepperoni Pizza Chik'n Nuggets (vg) with Dinner Roll <i>Mashed Potatoes</i> <i>Apple Sauce Cup</i>	Chicken Biscuit 28 French Toast Sticks (v) with Turkey Sausage  Omelet (v) with Biscuit <i>Spiced Apples</i> <i>House Salad</i>	 Nachos 29 with Turkey Barbacoa Nachos with Spicy Beef Pupusa (v) <i>Baked Plantains</i> <i>Curtido</i>	Chicken Tenders 30 with Hushpuppies Pizza Boli Bites (v)  Falafel (vg) with Pita or Hushpuppies <i>Roasted Sweet Potatoes & Apples</i> <i>Tomato & Cucumber Salad</i>

(v) Vegetarian Entrées
*May contain animal-derived rennet

(vg) Vegan Entrées

 Halal Certified

 Chef's Choice

Choose 3, 4, or all 5 of the offered food components:



Students must choose **at least 1/2 cup** of fruits or veggies.

*There are **no pork products or byproducts** on this menu.*

Menu subject to change based on product availability.

This institution is an equal opportunity provider.

