

October Free Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHICKEN AND CHEESE TAQUITOS Refried Beans Baby Carrots Applesauce California Raisins 1% Low Fat White Milk Chocolate Fat Free Milk Taco Sauce Packets
4 CHEESY PULL-APART Marinara Sauce Garden Salad Apricots California Raisins 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing	5 WG FIESTA BEAN AND CHEESE BURRITO Steamed Corn Garbanzo Beans Fresh Apples Watermelon Raisins Cinnamon Elf Grahams 1% Low Fat White Milk Chocolate Fat Free Milk Taco Sauce	6 FRENCH BREAD PEPPERONI PIZZA Broccoli Jicama Baby Carrots Applesauce Cup Cranberries 1% Low Fat White Milk Chocolate Fat Free Milk	7 Student Minimum Day No Lunch Service	8 ALL AMERICAN CHEESEBURGER Baked Beans Garden Salad Diced Peaches Cranberries 1% Low Fat White Milk Chocolate Fat Free Milk Mayonnaise Mustard Ketchup
11 MACARONI AND CHEESE WG Dinner Roll Garden Salad Baby Carrots Diced Pears Cranberries 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing	12 CHICKEN NUGGETS Oven Baked French Fries Garden Salad Pineapple Tidbits California Raisins Scooby Doo Crackers 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup	13 CHICKEN & CHEESE TAMALE Broccoli Baby Carrots Jicama Peach Cups Watermelon Raisins All Sport Bites 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	14 Student Minimum Day No Lunch Service	15 Student Minimum Day No Lunch Service
18 TWICE GRILLED QUESADILLA Refried Beans Garden Salad Jicama Fresh Pineapple California Raisins 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	19 TACO NADA Steamed Green Beans Garden Salad Mixed Fruit Cranberries Tortilla Chips 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	20 GRILLED CHEESE SANDWICH Broccoli Baby Carrots Jicama Fruit Mix Cup Watermelon Raisins 1% Low Fat White Milk Chocolate Fat Free Milk	21 Student Minimum Day No Lunch Service	22 CHICKEN BURGER Baked Beans Shredded Lettuce Baby Carrots Fresh Cut Cantaloupe Cranberries 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup Mayonnaise
25 CHICKEN FAJITAS Shredded Cheese Shredded Lettuce Fresh Tomatoes Mandarin Oranges California Raisins 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	26 HAMBURGER ON A BUN Baked Potato Wedges Shredded Lettuce Fresh Tomatoes Pineapple Tidbits Cranberries 1% Low Fat White Milk Chocolate Fat Free Milk Ketchup Mustard Mayonnaise	27 CHEESY PULL-APART Marinara Sauce Broccoli Jicama Baby Carrots Fresh Apples Watermelon Raisins 1% Low Fat White Milk Chocolate Fat Free Milk	28 Student Minimum Day No Lunch Service	29 ORANGE CHICKEN Steamed Rice Garden Salad Baby Carrots Pineapple Tidbits Cranberries 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing