

# Lunch Menu October 2019

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 30</b> CHICKEN CORN DOG Baked Beans Applesauce Garden Salad Baby Carrots Cucumbers 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dress ketchup packets Mustard Packets	1 CHICKEN NUGGETS Oven Baked Tater Tots WG Dinner Roll Fresh Cut Mango Garden Salad Baby Carrots Cucumbers 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup	2 CHICKEN & CHEESE TAMALES Refried Beans Mandarin Oranges Garden Salad Baby Carrots Broccoli 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	3  <b>Student Minimum Day No Lunch Served</b>	4 HAMBURGER ON A BUN Baked Potato Wedges Mixed Fruit Shredded Lettuce Fresh Tomatoes Garbanzo Beans 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup Mustard
7 CHICKEN FAJITAS Shredded Cheese Mandarin Oranges Shredded Lettuce Fresh Tomatoes Jicama 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	8 BEEF DIPPER W/TERIYAKI Steamed Rice WG Dinner Roll Fresh Fruit Mix Garden Salad Baby Carrots Jicama 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Cinnamon Elf Grahams	9 GRILLED CHICKEN Whipped Potatoes Chicken Gravy WG Dinner Roll Apricots Garden Salad Baby Carrots Cauliflower 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing BBQ Sauce	10 TONY'S CHEESE PIZZA Steamed Green Beans Fresh Fruit Mix Garden Salad Garbanzo Beans Cauliflower 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing	11 BBQ CHICKEN TERIYAKI Steamed Rice WG Dinner Roll Diced Pears Garden Salad Baby Carrots Garbanzo Beans 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing All Sport Bites
14 TACO BOWL WITH TURKEY MEAT Shredded Cheese Mandarin Oranges Shredded Lettuce Fresh Tomatoes Broccoli 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce All Sport Bites	15 ROTINI PASTA WITH MEAT SAUCE WG Dinner Roll Fresh Pineapple Garden Salad Broccoli Baby Carrots 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing	16 MINI WG CHEESEBURGERS Oven Baked Tater Tots Applesauce Garden Salad Baby Carrots Garbanzo Beans 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup Mustard	17  <b>Student Minimum Day No Lunch Served</b>	18 WG CHEESE BREADSTICKS Marinara Sauce Diced Pears Garden Salad Cucumbers Jicama 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing
21  <b>HESD Kitchen Closed  No Lunch Served</b>	22 BEEF SLOPPY JOE ON A BUN Fresh Apples Garden Salad Jicama Baby Carrots 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing	23  <b>Anointing Mass &amp; Reception  No Lunch Served</b>	24 CHICKEN CORN DOG Baked Beans Fresh Apples Garden Salad Cucumbers Broccoli 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup Mustard	25 PEPPERONI PIZZA SLICE Steamed Green Beans Pineapple Tidbits Garden Salad Cucumbers Broccoli 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing
28 CHICKEN BURGER Baked Potato Wedges Diced Peaches Shredded Lettuce Fresh Tomatoes Cucumbers 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup	29 BEEF TACO STICK Refried Beans Fresh Cut Cantaloupe Garden Salad Broccoli Cucumbers 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Ketchup	30 CHEESE ENCHILADA Steamed Corn Mandarin Oranges Shredded Lettuce Fresh Tomatoes Broccoli 1% Low Fat White Milk Chocolate Fat Free Milk Ranch Dressing Taco Sauce	31  <b>Student Minimum Day No Lunch Served</b>	