

OCTOBER | 2023



Lunch - LJHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>Cheeseburger Macaroni*</u> <u>Cornbread*</u> <u>Garlic Broccoli</u>	3 <u>Chicken Quesadilla*</u> <u>Salsa/Sour Cream</u> <u>Tortilla Chips</u> <u>Mexican Corn</u>	4 <u>Hamburgers*</u> <u>Tomato/Onion/Lettuce</u> <u>Cheese/Pickles</u> <u>Roasted Green Beans*</u> <u>Roasted Potatoes*</u>	5 <u>Stuffed Aria Sausage</u> <u>Pizza</u> <u>Breadstick w/ marinara</u> <u>Salad w/ dressing</u>	6 No School Teacher Institute Day
9 No School Columbus Day	10 <u>Walking Tacos*</u> <u>Tomato/lettuce</u> <u>Salsa/Sour cream</u> <u>Refried Beans</u> <u>Spanish Rice</u>	11 <u>Turkey Sliders</u> <u>Chips</u> <u>Fresh Veggies w/ ranch</u>	12 <u>Spaghetti w/ meat sauce*</u> <u>Garlic Toast</u> <u>Green Beans</u> <u>Apple Crisp</u>	13 <u>Pulled Pork Sandwich*</u> <u>BBQ Sauce</u> <u>Corn on the Cob*</u> <u>Carrots</u>
16 <u>Grilled Cheese</u> <u>Chili ** w/ crackers</u> <u>Fresh Veggies w/ ranch</u>	17 <u>Beef Taco*</u> <u>Tortilla Chips</u> <u>Salsa/Sour cream</u> <u>Sweet Corn Cake*</u> <u>Seasoned Black Beans</u>	18 <u>Chicken Strips*</u> <u>Roasted Fingerling</u> <u>Potatoes*</u> <u>Baked Beans</u>	19 <u>Stuffed Aria Cheese Pizza</u> <u>Breadstick w/ marinara</u> <u>Salad w/ dressing</u>	20 <u>Salisbury Steak*</u> <u>Bread & Butter</u> <u>Mashed Potatoes * w/</u> <u>brown gravy (on side)*</u> <u>Mixed Vegetables</u>
23 <u>Pork Chop*</u> <u>Dinner Roll</u> <u>Carrots</u> <u>Baked Beans</u>	24 <u>Taco Tater Tot Casserole*</u> <u>Salsa/Sour Cream</u> <u>Mexican Corn</u> <u>Spanish Rice</u>	25 <u>Chicken Parmesan * w/</u> <u>Pasta</u> <u>Garlic Bread</u> <u>Green Beans*</u>	26 <u>Bacon Pizza*</u> <u>Corn on the Cob*</u> <u>Salad w/ dressing</u>	27 No School P/T Conference
30 <u>Pancake *w/ syrup</u> <u>Sausage Patty *</u> <u>Shredded Hash browns *</u>	31 <u>Beef Nachos*</u> <u>Salsa/Sour Cream</u> <u>Refried Beans</u>	1	2	3

News

Additional milk or milk for sack lunches - \$.35

A FRESH FRUIT AND MILK (1% WHITE OR CHOCOLATE) COMES WITH EACH MEAL

ITEMS UNDERLINED ARE MADE FROM SCRATCH.

ITEMS WITH * ARE MADE WITH LOCAL FOODS.

