

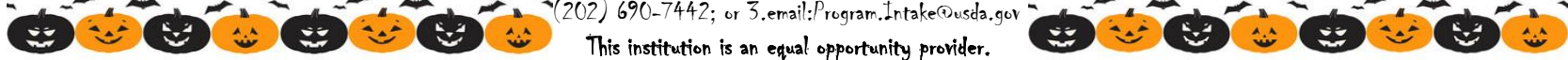
# October Lunch Menu

2024

	1	2	3	4	Daily Vegetarian Options
	<b>Grilled Ham &amp; Cheese Sandwich w/Soup</b> 3oz(M/MA)Ham/Cheese, 2oz(QR)WG Bread, 8oz(VEG)Chicken Veg Soup, 4oz(FR)Peaches, 8oz(Dairy)Milk	<b>Lazy Man Lasagna</b> 2oz(M/MA)Hamburg, 4oz(QR) Pasta, 4oz(VEG)Garden Salad, 4oz(VEG)Broccoli & Parmesan Cheese, 4oz(FR)Mixed Fruit, 8oz(Dairy)Milk	<b>Northeast Famous Bowl</b> 3oz(M/MA) Popcorn Chicken, 4oz(VEG) Mashed Potatoes, 4oz(VEG) Corn, 2oz(QR) Dinner Roll, 4oz(FR)Apple Slices, 8oz(Dairy)Milk	<b>Hot Dogs</b> 2oz(M/MA) Hot Dogs, 2.5oz(QR)Rolls, 4oz(VEG)Coleslaw, 4oz(VEG)Fries, 4oz(FR)Pears, 8oz(Dairy)Milk	<b>Garden Salad</b> 8oz (VEG) Lettuce, 3oz(M/MA)Feta/Mozzarella/Cheedar, 4oz(FR) Daily Fruit, 2oz(QR) Flatbread, 8oz(Dairy)Milk (Other NON Vegetarian option salads may include 3oz (M/MA)Grilled Chicken)
7	8	9	10	11	<b>Assorted Pizza</b> 2oz(M/MA)Cheese, 2oz(VEG) Pizza Sauce, 2oz(QR) Flatbread, 6oz(VEG) Garden Salad, 4oz(FR)Pears, 8oz(Dairy) Milk (Other NON Vegetarian option Pizzas MAY include Pepperoni, Meat Lovers, Hamburg 2 oz.(M/MA) Sunbutter and Jelly Sandwich
<b>Cilantro-Lime Rice Bowl</b> 3oz(M/MA) Chicken, 4oz(QR) Rice, 8oz (VEG) Corn Salsa, 4oz(FR)Pears, 8oz (Dairy)Milk	<b>Beef &amp; Cheese Sub</b> 3oz(M/MA) 2 oz Hamburg 1oz Cheese, 2oz(QR) Sub Roll, 8oz(VEG) Potato Puffs, 4oz(FR) Apples, 8oz(Dairy) Milk	<b>Spaghetti &amp; Meatballs</b> 2oz(M/MA) Meatballs, 4oz(QR) Pasta, 4oz(VEG) Marinara Sauce, 4oz(VEG) Garden Salad, 4oz(FR) Mixed Fruit, 8oz (Dairy) Milk	<b>BBQ Pulled Pork Sandwich</b> 3oz(M/MA) Pork 2.5oz(QR) WG Roll, 8oz(VEG) Seasoned Wedge Fries, 4oz (FR)Oranges, 8oz(Dairy) Milk	<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz(M/MA) Chicken Patty, 2.5oz(QR) WG Roll, 8oz(VEG) Fries, 4oz(FR) Peaches, 8oz(Dairy) Milk	2oz(M/MA)Cheese, 2oz(VEG) Pizza Sauce, 2oz(QR) Flatbread, 6oz(VEG) Garden Salad, 4oz(FR)Pears, 8oz(Dairy) Milk (Other NON Vegetarian option Pizzas MAY include Pepperoni, Meat Lovers, Hamburg 2 oz.(M/MA) Sunbutter and Jelly Sandwich
14	15	16	17	18	<b>Sandwich</b> 2oz(M/MA) Sunbutter, 4oz(FR) Daily Fruit, 2oz(QR) Pullman Bread, 8oz(Dairy) Milk Hummus & Pita Chips 2oz(M/MA)Cheese, 4oz(Veg) Hummus & Baby Carrots, 4oz(FR) Daily Fruit, 2oz (QR) Pita Chips, 8oz(Dairy) Milk Cheeseburger on a Bun 4oz(M/MA) Burger/Cheese, 2oz(QR) Rolls, 8oz(VEG)Daily Veg, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk Taco Line (Line #3) 2oz(M/MA)Seasoned Beef, 1oz(M/MA)Cheese, 4oz(Veg)(2oz)Sh redded Lettuce, (2oz)Tomatoes, 4oz(QR)Hard/Soft Shells, 4oz(VEG)Salsa Sandwiches Made to Order (Line #4) 2oz(M/MA)Turkey/Ham/Bologna/Salami 1oz Cheese, 4oz(FR) Daily Fruit, 2oz (QR) Pullman Bread, 8oz(Dairy) Milk
<b>Indigenous Peoples' Day</b> No School 	<b>Beef Stir Fry</b> 2oz(M/MA) Beef, 4oz(QR)Rice, 8oz(VEG)Broccoli/Carrots, 4oz(FR)Apple Slices, 8oz(Dairy) Milk	<b>Pasta &amp; Chicken Parm</b> 2oz(M/MA) Chicken, 4oz(QR) Pasta, 4oz(VEG) Marinara Sauce, 4oz(VEG) Garden Salad, 4oz(FR) Mixed Fruit, 8oz (Dairy) Milk	<b>Meatball Sub</b> 3oz(M/MA) Meatballs, 2.5oz(QR) WG Roll, 8oz(VEG) Marinara Sauce/Carrots, 4oz(FR)Pears, 8oz(Dairy) Milk	<b>Chicken Alfredo</b> 2oz(M/MA) Chicken, 4oz(QR) Pasta, 4oz(VEG) Broccoli, 4oz(VEG) Garden Salad, 4oz(FR)Peaches, 8oz(Dairy) Milk	2oz(M/MA)Sunbutter, 4oz(FR) Daily Fruit, 2oz(QR) Pullman Bread, 8oz(Dairy) Milk Hummus & Pita Chips 2oz(M/MA)Cheese, 4oz(Veg) Hummus & Baby Carrots, 4oz(FR) Daily Fruit, 2oz (QR) Pita Chips, 8oz(Dairy) Milk Cheeseburger on a Bun 4oz(M/MA) Burger/Cheese, 2oz(QR) Rolls, 8oz(VEG)Daily Veg, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk Taco Line (Line #3) 2oz(M/MA)Seasoned Beef, 1oz(M/MA)Cheese, 4oz(Veg)(2oz)Sh redded Lettuce, (2oz)Tomatoes, 4oz(QR)Hard/Soft Shells, 4oz(VEG)Salsa Sandwiches Made to Order (Line #4) 2oz(M/MA)Turkey/Ham/Bologna/Salami 1oz Cheese, 4oz(FR) Daily Fruit, 2oz (QR) Pullman Bread, 8oz(Dairy) Milk
21	22	23	24	25	
<b>Fiery Chicken Fingers</b> 3oz(M/MA) Chicken, 2oz(QR) WG Roll, 8oz(VEG)Spicy Fries, 4oz(FR)Peaches, 8oz(Dairy) Milk	<b>Grilled Ham &amp; Cheese Sandwich w/Soup</b> 3oz(M/MA)Ham/Cheese, 2oz(QR)WG Bread, 8oz(VEG)Chicken Veg Soup, 4oz(FR)Pears, 8oz(Dairy)Milk	<b>Macaroni &amp; Cheese</b> 2oz(M/MA) Cheese, 6oz(QR) Pasta, 8oz(VEG) Green Beans, 4oz(FR)Oranges, 8oz(Dairy) Milk	<b>Orange Chicken</b> 2oz(M/MA)Chicken, 4oz(QR)Rice, 8oz(VEG) Broccoli, 4oz(FR)Apples, 8oz(Dairy)Milk	<b>Steak &amp; Cheese Sub</b> 3oz(M/MA) 2oz Shaved Steak, 1oz Cheese, 2oz(QR)Sub Roll, 8oz(VEG)6oz Potato Puffs, 2oz Grilled Peppers & Onions, 4oz(FR)Mixed Fruit, 8oz(Dairy) Milk	
28	29	30	31		
<b>Northeast Famous Bowl</b> 3oz(M/MA) Popcorn Chicken, 4oz(VEG) Mashed Potatoes, 4oz(VEG) Corn, 2oz(QR) Dinner Roll, 4oz(FR)Apple Slices, 8oz(Dairy)Milk	<b>Hot Dogs</b> 2oz(M/MA) Hot Dogs, 2.5oz(QR)Rolls, 4oz(VEG)Coleslaw, 4oz(VEG)Fries, 4oz(FR)Peaches, 8oz(Dairy)Milk	<b>Chicken Parm Sub</b> 2oz(M/MA) Chicken, 2oz(QR) Roll, 4oz (VEG) Marinara Sauce, 4oz(VEG) Garden Salad, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk	<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz(M/MA) Chicken Patty, 2.5oz(QR) WG Roll, 8oz(VEG) Fries, 4oz(FR)Pears, 8oz(Dairy) Milk		

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# October 2024 Breakfast Menu



Strawberry-Banana or Pineapple-Mango or Orange-Pineapple Smoothie  
4oz Fruit, 4 oz Protein, 2oz Grain, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Assorted Cereal  
2oz (QR) Cereal, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Ham/Sausage Egg & Cheese Sandwich  
2 oz (QR) Bagel, 1.5 oz (M/MA) Ham/Sausage, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Blueberry/ Chocolate Chip Muffin  
2 oz (QR) Muffin, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Pancakes  
2 oz (QR) Pancakes, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Cinnamon Roll  
2 oz (QR) Cinn. Roll, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

French Toast  
2 oz (QR) French Toast Sticks, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Yogurt with Granola  
2.75 oz (QR) Yogurt/Granola, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk



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Secretary for Civil Rights 1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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