

OCTOBER 2023 LUNCH



OPEN KITCHENS
Serving the Best

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023 TURKEY & CHEDDAR WG SANDWICH BREAD 2 OZ. TURKEY 1 OZ, CHEDDAR CHEESE 1 OZ JICAMA 3/4 C APPLESAUCE 1/2 C *MAYO, MUSTARD, TAJIN	10/3/2023 CHICKEN CAESAR WRAP WG TORTILLA 2 OZ, DICED CHICKEN 2 OZ, CAESAR DRESSING CAULIFLOWER 3/4 C PEAR 1/2 C *RANCH	10/4/2023 CREAMY PASTA SALAD WG ROTINI NOODLES 2 OZ, SHREDDED CHEESE 2 OZ, SHREDDED CARROTS, DICED BELL PEPPER, CHOPPED BROCCOLI BABY CARROTS 3/4 C ORANGE 1/2 C *RANCH	10/5/2023 WOWBUTTER & JELLY WG BREAD 2 OZ, WOWBUTTER 2 OZ, JELLY BROCCOLI 3/4 C APPLE JUICE 1/2 C *RANCH	10/6/2023 PIZZA BAGEL WG PLAIN BAGEL 2 OZ, SHREDDED CHEESE 1 OZ, TURKEY PEPPERONI 1 OZ, MARINARA CUP LEMON CHICKPEA SALAD 3/4 C BANANA 1/2 C
10/9/2023 NO SCHOOL 	10/10/2023 PROTEIN KIT WG VEGGIE CRACKERS 2 OZ, TURKEY COINS 1 OZ, CHEESE SLICES 1 OZ CELERY STICKS 3/4 C PEAR 1/2 C *RANCH	10/11/2023 CHICKEN CHEF SALAD WG CRACKERS 2 OZ, DICED CHICKEN 1 OZ, SHREDDED CHEESE 1 OZ, MIXED GREENS POTATO SALAD 3/4 C ORANGE 1/2 C *RANCH	10/12/2023 MUFFIN KIT WG BANAN MUFFIN 2 OZ, YOGURT CUP 1 OZ, STRING CHEESE 1 OZ MIXED GREENS 1.5 C HONEYCRISP APPLE 1/2 C *RANCH	10/13/2023 TURKEY & CHEDDAR WG SANDWICH BREAD 2 OZ, TURKEY 1 OZ, CHEDDAR CHEESE 1 OZ DICED TOMATOES 3/4 C BANANA 1/2 C *MAYO, MUSTARD, RANCH
10/16/2023 WOWBUTTER & JELLY WG BREAD 2 OZ, WOWBUTTER 2 OZ, JELLY RED BELL PEPPER STRIPS 3/4 C APPLESAUCE 1/2 C *RANCH	10/17/2023 GREEK PASTA SALAD WG ELBOW 2 OZ, SHREDDED MOZZARELLA CHEESE 2 OZ, SLICED CUCUMBERS, DICED TOMATOES BROCCOLI 3/4 C PEAR 1/2 C *RANCH	10/18/2023 RANCH CHICKEN WRAP WG TORTILLA 2 OZ, DICED CHICKEN 2 OZ, RANCH SEASONING JICAMA 3/4 C ORANGE 1/2 C *RANCH, TAJIN	10/19/2023 PIZZA BAGEL WG PLAIN BAGEL 2 OZ, SHREDDED CHEESE 1 OZ, TURKEY PEPPERONI 1 OZ, MARINARA CUP SNAP PEAS 3/4 C APPLE JUICE 1/2 C *RANCH	10/20/2023 TURKEY & CHEESE CROISSANT WG CROISSANT 2 OZ, TURKEY HAM 1 OZ, YELLOW AMERICAN CHEESE 1 OZ CUCUMBER SLICES 3/4 C BANANA 1/2 C *MAYO, MUSTARD, RANCH
10/23/2023 PROTEIN KIT WG VEGGIE CRACKERS 2 OZ, TURKEY COINS 1 OZ, CHEESE SLICES 1 OZ LEMON CHICKPEA SALAD 3/4 C APPLESAUCE 1/2 C	10/24/2023 BBQ CHICKEN SANDWICH WG HAMBURGER BUN 2 OZ, DICED CHICKEN 2 OZ, BBQ SAUCE JICAMA 3/4 C PEAR 1/2 C *TAJIN	10/25/2023 BAGEL WG PLAIN BAGEL 2 OZ, YOGURT 1 OZ, WOWBUTTER 1 OZ, CREAM CHEESE MIXED GREENS 1.5 C ORANGE 1/2 C *RANCH	10/26/2023 COLD CHEESE PIZZA WG CRUST 2 OZ, CHEESE 2 OZ RED BELL PEPPER STRIPS 3/4 C APPLE JUICE 1/2 C *RANCH	10/27/2023 JERK CHICKEN WRAP WG TORTILLA 2 OZ, DICED CHICKEN 2 OZ, JERK SEASONING SNAP PEAS 3/4 C BANANA 1/2 C *RANCH
10/30/2023 YOGURT KIT WG GRANOLA 1 OZ, WHEAT CRACKERS 1 OZ, YOGURT CUP 1 OZ, COLBY JACK STRING CHEESE 1 OZ CELERY STICKS 3/4 C APPLESAUCE 1/2 C *RANCH	10/31/2023 NO LUNCH Early dismissal 11:15am	11/1/2023 	11/2/2023 • WHOLE-GRAIN BREADS & PRODUCTS • MENU ITEMS DO NOT CONTAIN PORK • MILK AVAILABLE WITH ALL MEALS *CONDIMENTS	11/3/2023 