

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 Savory Turkey Meatballs</b>  <b>OR: Meatless Meatballs</b>  <b>IN:</b> Marinara Sauce  <b>WITH:</b> Spaghetti                      Mixed Vegetables                      Diced Pears</p>	<p><b>2 Whole Grain Crispy Chicken Sandwich</b>  <b>OR: Black Bean Sandwich</b>  <b>WITH:</b> Soft Bun                      BBQ Sauce                      Steamed Green Beans                      Mandarin Oranges</p>	<p><b>3 All American Hamburger</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Soft Bun                      Sliced American Cheese                      Mashed Potatoes                      Diced Peaches</p>	<p><b>4 Twist &amp; Shout Mac 'n Cheese</b>  <b>WITH:</b> Whole Wheat Roll                      Garden Salad with Italian Dressing*                      Fresh Sliced Apples*                       *Green Peas                      *Applesauce</p>	<p><b>5 Chicken Quesadilla</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Bean and Cheese Quesadilla</b>  <b>WITH:</b> Freshly Made Mild Salsa                      Mexicali Rice                      Steamed Corn                      Tropical Fruit</p>
<p><b>8 BBQ Pulled Chicken Sandwich</b>  <b>OR: Black Bean Bites</b>  <b>with:</b> Wheat Bun                      Slow Cooked Baked Beans                      Diced Pineapple</p>	<p><b>9 Creamy Chicken Alfredo Pasta</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Creamy Alfredo Pasta</b>  <b>WITH:</b> Green Peas                      Diced Pears</p>	<p><b>10 Tex Mex Turkey Soft Taco</b>  <b>OR: Bean and Cheese Burrito</b>  <b>WITH:</b> Cheddar Cheese                      Shredded Lettuce                      Steamed Corn                      Banana Half</p>	<p><b>11 Chicken and Dumplings</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Vegetable Sticks</b>  <b>WITH:</b> Diced Carrots                      Diced Peaches</p>	<p><b>12 Pizza Day!</b>  <b>Personal Cheese Pizza</b>  <b>WITH:</b> Garden Salad with Italian Dressing*                      Vanilla Pears                       *Green Peas</p>
<p><b>15 Fiesta Chicken Soft Taco</b>  <b>OR: Bean and Cheese Burrito</b>                      Shredded Cheddar Cheese                      Sweet Yellow Corn                      Tropical Fruit</p>	<p><b>16 Whole Grain Chicken Strips</b>  <b>OR: Boca Nuggets</b>  <b>WITH:</b> House-made Honey Mustard Sauce                      Baby Carrots with Ranch Dip*                      Pineapple Tidbits                       *Green Peas</p>	<p><b>17 Turkey Cheeseburger Mac</b>  <b>OR: Cheesy Shell Pasta</b>  <b>with:</b> Soft Breadstick                      Steamed Green Beans                      Diced Peaches</p>	<p><b>18 Chicken and Bowtie Pasta</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Roasted Veggie Sticks</b>  <b>WITH:</b> Vegetable Medley                      Fruit Yogurt Cup</p>	<p><b>19 Mama Mia Marinara Turkey Meatball Sub</b>  <b>OR: Meatless Meatball Sub</b>  <b>WITH:</b> Sliced Cheese                      Garden Salad with Italian Dressing*                      Diced Pears                       *Diced Carrots</p>
<p><b>22 Beefy Macaroni Skillet</b>  <b>OR: American Garden Skillet with Cheese</b>  <b>WITH:</b> Soft Breadstick                      Green Beans                      Diced Peaches</p>	<p><b>23 Whole Grain Chicken Nuggets</b>  <b>OR: Boca Nuggets</b>  <b>WITH:</b> House-made Honey Mustard                      Mixed Vegetables                      Diced Pears</p>	<p><b>24 Teriyaki Chicken with Asian Style Noodles</b>  <b>OR: Vegetable Teriyaki Noodles</b>  <b>WITH:</b> Green Peas                      Mandarin Oranges</p>	<p><b>25 Grilled Chicken Sandwich</b>  <b>OR: Black Bean Sandwich</b>  <b>WITH:</b> House-Made Southwest Ranch                      Baked Beans                      Pineapple Tidbits</p>	<p><b>26 Topsy Turvy Breakfast for Lunch!!</b>  <b>Whole Grain French Toast Sticks</b>  <b>WITH: Turkey Sausage</b>  <b>OR: Vegetarian Sausage</b>                      Waffle Syrup                      Applesauce                      Banana Half</p>
<p><b>29 Pizza Day!</b>  <b>Personal Cheese Pizza</b>  <b>WITH:</b> Baby Carrots with Ranch Dip                      Diced Peaches                       *Diced Carrots</p>	<p><b>30 Oven Roasted Chicken</b>  <b>OR: Eggplant with Cheese</b>  <b>WITH:</b> Whole Wheat Roll                      Green Peas                      Diced Pineapple</p>	<p><b>31 Twist &amp; Shout Mac 'n Cheese</b>  <b>WITH:</b> Soft Breadstick                      Garden Salad with Italian Dressing*                      Fresh Sliced Apples*  <b>HALLOWEEN TREAT:</b>                      House-made Pumpkin Bread                      *Green Beans                      *Applesauce</p>		

**V = Vegetarian Entrée Options**

\*2oz Steamed Vegetable Substitute for Toddler

Milk Served with Lunch Daily

No High Fructose Corn Syrup, MSG, or Artificial Sweeteners · Trans Fat Free  
 Locally sourced ingredients whenever possible



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Mixed Vegetables None Diced Pears None</p> <p>Meatless Meatballs Wheat, Milk, Egg</p>	<p><b>2</b> Chicken Soy, Wheat Bun Wheat BBQ Sauce None Green Beans None Oranges None</p> <p>Black Bean Sandwich Soy, Wheat, Milk</p>	<p><b>3</b> Hamburger None Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Diced Peaches None</p> <p>Gardenburger Soy, Wheat, Milk</p>	<p><b>4</b> Pasta** Wheat, Milk Roll Wheat Garden Salad None Italian Dressing None Apples None</p> <p>*Peas None *Applesauce None</p>	<p><b>5</b> Chicken Quesadilla Milk, Wheat Salsa None Rice Milk Corn None Tropical Fruit None</p> <p>Bean &amp; Cheese Quesadilla Wheat, Milk, Soy</p>
<p><b>8</b> Pulled Chicken Wheat Baked Beans None Pineapple None</p> <p>Black Bean Bites Soy, Wheat, Milk</p>	<p><b>9</b> Chicken Alfredo** Milk, Wheat Peas None Diced Pears None</p> <p>Alfredo Pasta Wheat, Milk, Soy</p>	<p><b>10</b> Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Banana None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p><b>11</b> Chicken and Dumplings Soy, Wheat, Egg, Milk Carrots None Diced Peaches None</p> <p>Boca Nuggets Soy, Wheat</p>	<p><b>12</b> Pizza Soy, Wheat, Milk Garden Salad None Italian Dressing None Diced Pears None</p> <p>*Peas None</p>
<p><b>15</b> Soft Taco Wheat Cheddar Cheese Milk Corn None Tropical Fruit None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p><b>16</b> Chicken Strips Soy, Wheat, Milk Honey Mustard Egg Carrots None Ranch Dip Milk, Egg Pineapple None</p> <p>Boca Nuggets Soy, Wheat *Peas None</p>	<p><b>17</b> Cheeseburger Mac** Wheat, Milk Breadstick Wheat Green Beans None Diced Peaches None</p> <p>Cheesy Shells Wheat, Milk</p>	<p><b>18</b> Bowtie Pasta Soy, Wheat Mixed Vegetables None Yogurt Milk</p> <p>Roasted Veggie Sticks Soy, Wheat, Milk, Egg</p>	<p><b>19</b> Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Garden Salad None Italian Dressing None Diced Pears None</p> <p>Meatless Meatball Sub Wheat, Milk, Egg *Diced Carrots None</p>
<p><b>22</b> Beefy Macaroni Skillet** Breadstick Wheat Green Beans Wheat Diced Peaches None Garden Skillet None</p> <p>Wheat, Milk</p>	<p><b>23</b> Chicken Nuggets Soy, Milk, Wheat Honey Mustard Egg Mixed Vegetables None Diced Pears None</p> <p>Boca Nuggets Soy, Wheat</p>	<p><b>24</b> Teriyaki Chicken Soy, Wheat Peas None Oranges None</p> <p>Vegetable Teriyaki Noodles Soy, Wheat</p>	<p><b>25</b> Grilled Chicken Soy Bun Wheat Southwest Ranch Milk, Egg Baked Beans None Pineapple None</p> <p>Black Bean Sandwich Soy, Wheat, Milk</p>	<p><b>26</b> French Toast Soy, Wheat, Milk, Egg Syrup None Turkey Sausage None Applesauce None Banana None</p> <p>Vegetarian Sausage Soy, Wheat, Milk, Egg</p>
<p><b>29</b> Pizza Soy, Wheat, Milk Carrots None Ranch Dip Milk, Egg Diced Peaches None</p> <p>*Carrots None</p>	<p><b>30</b> Roasted Chicken Soy Roll Wheat Peas None Pineapple None</p> <p>Eggplant w/ Cheese Soy, Wheat, Milk</p>	<p><b>31</b> Pasta** Wheat, Milk Breadstick Wheat Garden Salad None Italian Dressing None Apples None Pumpkin Bread None</p> <p>Soy, Wheat, Milk, Egg</p> <p>*Green Beans None *Applesauce None</p>		

**\*\*All Pasta Products are Processed in a Facility that Uses Egg\*\***

This list is comprised of the most common allergens we chart, including egg, soy, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

The FDA exempts soybean oil from being listed as an allergen on product labels since studies have