


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple	2 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Fruit Yogurt Cup	3 Under-the-sea-Whole Wheat Fish Nuggets OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce Green Peas Vanilla Pears	4 Cheese Pizza Dippers WITH: Marinara Sauce Diced Carrots Fresh Orange Wedges
	7 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Green Peas Diced Pears	8 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun House-Made Honey Mustard Green Beans Diced Peaches	9 Twist & Shout Mac 'n Cheese WITH: Garden Salad with Italian Dressing* Mandarin Oranges *Vegetable Medley	10 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half
14 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Tofu Bowtie Pasta WITH: Green Peas Diced Peaches	15 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit	16 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Diced Carrots Diced Pineapple	17 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Italian Dressing* Banana Half *Green Beans	18 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Vegetable Medley Strawberry Applesauce
21 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Green Beans Vanilla Pears	22 Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: House-made Southwest Ranch Green Peas Fresh Apple Slices* *Applesauce	23 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta with: Baby Carrots with Ranch Dressing* Diced Peaches and Pears *Diced Carrots	24 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken OR: Bean and Cheese Quesadilla WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Tropical Fruit	25 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Applesauce
28 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Vegetable Medley Mandarin Oranges	29 Cheese Pizza Dippers WITH: Marinara Sauce Diced Carrots Fruit Yogurt Cup	30 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple	31 HAPPY HALLOWEEN! Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: Homemade Honey Mustard Green Peas Vanilla Pears	

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
	1 Soft Taco Cheddar Cheese Lettuce Corn Pineapple Wheat, Milk, None, None, None Bean and Cheese Burrito Wheat, Milk, Soy	2 Chicken Alfredo** Mixed Vegetables Yogurt Alfredo Pasta Milk, Wheat, None, Milk Wheat, Milk, Soy	3 Fish Nuggets Tartar Sauce Peas Diced Pears Veggie Sticks Wheat, Fish, Egg, Fish, None, None Wheat, Milk, Soy, Egg	4 Pizza Dippers Carrots Oranges Soy, Wheat, Milk, Egg, None, None
	7 Spaghetti** Mozzarella Cheese Green Peas Diced Pears Spaghetti w/ Cheese Wheat, Milk, None, None Milk, Wheat	8 Chicken Bun Honey Mustard Green Beans Peaches Black Bean Sandwich Soy, Wheat, Wheat, Egg, None, None Soy, Wheat, Milk	9 Pasta** Garden Salad Italian Dressing Oranges *Mixed Vegetables Wheat, Milk, None, None, None	10 French Toast Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage Soy, Wheat, None, None, None Soy, Wheat, Milk, Egg
14 Bowtie Pasta Green Peas Peaches Tofu Bowtie Pasta Soy, Wheat, None, None Soy, Wheat	15 Soft Taco Cheddar Cheese Corn Tropical Fruit Bean and Cheese Burrito Wheat, Milk, None, None Wheat, Milk, Soy	16 Turkey Meatballs Garden Salad Bun Cheese Carrots Pineapple Meatless Meatball Sub Soy, Wheat, Milk, Egg, Sesame, Wheat, Soy, Milk, None, None Wheat, Milk, Egg	17 Pizza Garden Salad Italian Dressing Banana *Green Beans Soy, Wheat, Milk, None, None, None Soy, Wheat, Milk, Egg	18 Beefy Macaroni Skillet** Breadstick Mixed Vegetables Applesauce Garden Skillet Wheat, Wheat, None, None Wheat, Milk
21 Turkey Meatballs Spaghetti Green Beans Diced Pears Meatless Meatballs Soy, Wheat, Milk, Egg, Sesame, Soy, Wheat, None, None Wheat, Milk, Egg	22 Grilled Chicken Bun Southwest Ranch Green Peas Apples Eggplant w/ Cheese *Applesauce None, Wheat, Milk, Egg, None, None Soy, Wheat, Milk, None	23 Cheeseburger Mac** Baby Carrots Ranch Dressing Peaches & Pears Cheesy Shells *Diced Carrots Wheat, Milk, None, Milk, Egg, None Wheat, Milk, None	24 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Bean & Cheese Quesadilla Milk, Wheat, None, Milk, None, None Wheat, Milk, Soy	25 Hamburger Bun Cheese Mashed Potatoes Applesauce Gardenburger Soy, Wheat, Soy, Milk, Soy, None Soy, Wheat, Milk
28 Teriyaki Chicken Mixed Vegetables Oranges Vegetable Teriyaki Noodles Soy, Wheat, None, None Soy, Wheat	29 Pizza Dippers Carrots Yogurt Soy, Wheat, Milk, Egg, None, Milk	30 Soft Taco Cheddar Cheese Lettuce Corn Pineapple Bean and Cheese Burrito Wheat, Milk, None, None, None Wheat, Milk, Soy	31 Chicken Nuggets Honey Mustard Peas Diced Pears Boca Nuggets Soy, Milk, Wheat, Egg, None, None Soy, Wheat	

**** 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 shown that many individuals with a soy allergy can safely eat soy oil.