

October/ November 2024

Intermediate Lunch Menu



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week, which could include:
Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Nutritious Friends

Nutritious Friend of the Month Papa Corn featuring a Tasting on the 23rd
This Month We Will be tasting Popcorn with our Dietitian



DAILY OPTIONS

Dinner rolls served Daily
Salad of the Daily
Pizza Served Daily
PBJ Cravable Daily

Menu items in Red are weekly choices

Lunch Prices:
Paid lunch 2.70
Free and Reduced 0.00
Adult \$5.20
Ala cart items are priced as marked.
Additional meals 5.20
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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
9/30 Grilled Ham and Cheese Sandwich Panther Salad Hamburger on a bun Yogurt Craveable Ham and Cheese Sandwich Featured Veggies: Chickpeas salad Baby Carrots Choice of Fruit Choice of Milk	10/1 Beef Soft Taco Panther Salad Chicken patty on a bun Yogurt Craveable Ham and Cheese Sandwich Featured Veggies: Black Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	10/2 Chicken and Gravy over Biscuits. Panther Salad Chicken Nuggets Yogurt Craveable Ham and Cheese Sandwich Featured Veggies: Mashed Potatoes Candy Apple Slices Choice of Fruit Choice of Milk	10/3 Italian Grilled Chicken on a Roll Panther Salad Corn Dog Yogurt Craveable Ham and Cheese Sandwich Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk	10/4 Cook out Hamburgers Hot Dogs Baked Beans Pasta Salad Fruit cups Chips Choice of Milk
10/7 Grilled Cheese Sandwich Chef Salad Chicken patty on a bun Turkey & Cheese Sandwich Breadstick Craveable Featured Veggies: Tomato Soup Red Pepper Strips Choice of Fruit Choice of Milk	10/8 Nacho Grande Beef Chef Salad Hamburger on a bun Turkey & Cheese Sandwich Breadstick Craveable Featured Veggies: Corn Caesar Salad Choice of Fruit Choice of Milk	10/9 General Tso's Chicken over Rice Chef Salad Chicken Tenders Turkey & Cheese Sandwich Breadstick Craveable Featured Veggies: Oriental Vegetables Apple crisp Choice of Fruit Choice of Milk	10/10 Sausage Egg and Cheese on an English Muffin Chef Salad Hot Dog on a bun Turkey & Cheese Sandwich Breadstick Craveable Featured Veggies: Hash brown Corn Salad Choice of Fruit Choice of Milk	10/11 Buffalo chicken Hoagie Chef Salad Chicken Nuggets Turkey & Cheese Sandwich Breadstick Craveable Featured Veggies: Roasted Sweet Potatoes Oven Roasted Chickpeas Choice of Fruit Choice of Milk
10/14 Grilled Turkey and Cheese Sandwich Chicken Salad Chicken Nuggets Italian Hoagie Pizza Craveable Featured Veggies: Sweet Potatoes Corn Choice of Fruit Choice of Milk	10/15 Chicken Soft Taco Chicken Salad Hot Dog on a bun Italian Hoagie Pizza Craveable Featured Veggies: Black Bean Tomatoes Salsa Choice of Fruit Choice of Milk	10/16 Pasta w/ Meatballs Breadstick Craveable Chicken Salad Hamburger on a bun Italian Hoagie Pizza Craveable Featured Veggies: Seasoned Broccoli Candy Apple Slices Choice of Fruit Choice of Milk	10/17 Bacon Cheese Burger on a Bun Chicken Salad Popcorn Chicken Italian Hoagie Pizza Craveable Featured Veggies: Roasted Zucchini Caesar Side Salad Choice of Fruit Choice of Milk	10/18 Italian Meatballs & Cheese On a hoagie Chicken Salad Chicken patty on a bun Italian Hoagie Pizza Craveable Featured Veggies: Oven Fries Carrot Choice of Fruit Choice of Milk
10/21 Grilled Cheese Sandwich Panther Salad Hamburger on a bun Italian Wrap Nacho Craveable Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	10/22 Slow Roasted Seasoned Pork Taco Panther Salad Corn Dog Italian Wrap Nacho Craveable Featured Veggies: Black Beans Lettuce & Tomato Choice of Fruit Choice of Milk	10/23 Asian Sesame Chicken Over Rice Panther Salad Chicken Nuggets Italian Wrap Nacho Craveable Featured Veggies: Grape tomatoes Apple crisp Choice of Fruit Choice of Milk	10/24 BBQ Chicken Hoagie Panther Salad Chicken patty on a bun Italian Wrap Nacho Craveable Featured Veggies: Oven Fries Baby carrots Choice of Fruit Choice of Milk	10/25 Corn Dog Panther Salad Chicken Tenders Italian Wrap Nacho Craveable Featured Veggies: Oven Sweet Potato Green beans Choice of Fruit Choice of Milk
10/28 Grilled Italian Sandwich Chef Salad Chicken patty on a bun Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk	10/29 Nacho Grande Beef Chef Salad Hamburger on a bun Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Mexican Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	10/30 Pasta with meatballs Garlic Stick Chef Salad Popcorn Chicken Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Italian Mixed Vegetables Baked Apples Choice of Fruit Choice of Milk	10/31 French toast Sticks sausage links Chef Salad Hot Dog on a bun Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Hash brown Celery Sticks Choice of Fruit Choice of Milk	11/1 TRICK OR TREAT No School
11/4 Grilled Turkey and Cheese Sandwich Chicken Salad Chicken Nuggets Italian Hoagie Breadstick Craveable Featured Veggies: Seasoned Broccoli Cucumber Slices Choice of Fruit Choice of Milk	11/5 Chicken Quesadilla Chicken Salad Hot Dog on a bun Italian Hoagie Breadstick Craveable Featured Veggies: Black Beans Corn Choice of Fruit Choice of Milk	11/6 Panther Bowl Chicken Salad Hamburger on a bun Italian Hoagie Breadstick Craveable Featured Veggies: Mashed potatoes Cranberry Sauce Choice of Fruit Choice of Milk	11/7 Pierogies Chicken Salad Chicken Tenders Italian Hoagie Breadstick Craveable Featured Veggies: Tomatoes Peppers and Onions Choice of Fruit Choice of Milk	11/8 Italian Dunker w/ Sauce Chicken Salad Chicken patty on a bun Italian Hoagie Breadstick Craveable Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk

