

Primary Lunch Menu October/November 2024

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 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 24rd
This Month We Will be tasting Popcorn with our Dietitian



DAILY OPTIONS

Dinner rolls served Daily
Salad of the Daily
PBJ Cravable Daily

Menu items in Red are weekly choices

Lunch Prices:

Free and Reduced Lunch: no charge
Student Lunch : \$2.70
Adult: \$5.20
Ala cart items are priced as marked.

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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday

30

Italian
Dunker w/sauce
Panther Salad
Hamburger on a bun
Yogurt Craveable
Ham and Cheese Sandwich
Featured Veggies:
Chickpea Salad
Baby Carrots
Choice of Fruit
Choice of Milk

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

14

Turkey Bacon Hoagie
Chicken Salad
Chicken Nuggets
Italian Hoagie
Pizza Craveable
Featured Veggies:
Sweet Potatoes
Corn
Choice of Fruit
Choice of Milk

21

Grilled Cheese Sandwich
Panther Salad
Hamburger on a bun
Ham and cheese Wrap
Nacho Craveable
Featured Veggies:
Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

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

4

Ham and Cheese Croissant Roll
Chicken Salad
Chicken Nuggets
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Seasoned Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

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

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

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

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

29

Nacho Grande
Beef
Chef Salad
Hamburger on a bun
Turkey & Cheese Sandwich
Yogurt Craveable
Featured Veggies:
Mexicali Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

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

Wednesday

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

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

16

Pasta w/ Meatballs
Breadstick
Chicken Salad
Hamburger on a bun
Italian Hoagie
Pizza Craveable
Featured Veggies:
Seasoned Broccoli
Candy Apple Slices
Choice of Fruit
Choice of Milk

23

Asian Sesame Chicken Over Rice
Panther Salad
Chicken Nuggets
Italian Wrap
Nacho Craveable
Featured Veggies:
Grape Tomatoes
Candy Apple Slices
Choice of Fruit
Choice of Milk

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

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

Thursday

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

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

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

24

Fish Sandwich
Panther Salad
Chicken patty on a bun
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Fries
Baby carrots
Choice of Fruit
Choice of Milk

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

7

Pierogies
Chicken Salad
Chicken Tenders
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Tomatoes
Grilled Onions
Choice of Fruit
Choice of Milk

Friday

4

Cheese or Pepperoni Pizza
Panther Salad
Popcorn Chicken
Yogurt Craveable
Ham and Cheese Sandwich
Featured Veggies:
Grape Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk

11

Cook Out Menu
Hamburgers
Hot Dogs
Baked Beans
Pasta Salad
Watermelon
Chips
Choice of Milk
PBJ Sandwiches

20

Cheese or Pepperoni Pizza
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Pizza Craveable
Featured Veggies:
Oven Fries
Carrot
Choice of Fruit
Choice of Milk

25

Cheese or Pepperoni Pizza
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Sweet Potato
Green beans
Choice of Fruit
Choice of Milk

1

TRICK OR TREAT
No School
HALLOWEEN

8

Cheese or Pepperoni Pizza
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk