

OCTOBER 2023 CORPUS CHRISTI LUNCH MENU

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
OCTOBER 2 WG Breaded Mozzarella Sticks with WG Pasta and Marinara Sauce or Chicken Patty on WG Bun or Assorted Cold Entree Packs Broccoli Tossed Garden Salad Milk	OCTOBER 3 WG Popcorn Chicken with WG Dinner Roll and Gravy or Fruit Smoothie with WG Soft Pretzel or Assorted Cold Entree Packs Mashed Potatoes 100% Apple Juice Milk	OCTOBER 4 Home and School Chick-fil-A Lunch Preordered	OCTOBER 5 WG Pancakes with Sausage Link and Pancake Syrup or Chicken Patty on WG Bun or Assorted Cold Entree Packs Baked Apple Slices 100% Fruit Punch Milk	OCTOBER 6 WG Stuffed Crust Pizza or Hot Dog on WG Bun or Assorted Cold Entree Packs Oven Roasted Vegetables Tossed Garden Salad Fruit Cup Milk
OCTOBER 9 No School for Students	OCTOBER 10 7 th Grade Confirmation Retreat Students Eat in Classroom No North Penn Lunch	OCTOBER 11 Home and School Hot Dog Lunch Preordered	OCTOBER 12 Scholastic Book Fair Students Eat in Classroom No North Penn Lunch	OCTOBER 13 WG Wedge Pizza Hot Dog on WG Bun or Assorted Cold Entree Packs Tossed Garden Salad Fruit Cup Milk
OCTOBER 16 WG Breaded Mozzarella Sticks with WG Pasta and Marinara Sauce or Chicken Patty on WG Bun or Assorted Cold Entree Packs Broccoli Tossed Garden Salad Milk	OCTOBER 17 WG Popcorn Chicken with WG Dinner Roll and Gravy or Fruit Smoothie with WG Soft Pretzel or Assorted Cold Entree Packs Mashed Potatoes 100% Apple Juice Milk	OCTOBER 18 Home and School Pizza Lunch Preordered	OCTOBER 19 Students Eat in Classroom No North Penn Lunch	OCTOBER 20 WG Stuffed Crust Pizza or Hot Dog on WG Bun or Assorted Cold Entree Packs Oven Roasted Vegetables Tossed Garden Salad Fruit Cup Milk

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OCTOBER 23 WG Toasted Ravioli with Marinara Sauce or Chicken Patty on WG Bun or Assorted Cold Entree Packs Broccoli Tossed Garden Salad Milk	OCTOBER 24 WG Chicken Tenders with WG Dinner Roll or Cheese Burger on WG Bun or Assorted Cold Entree Packs Oven Roasted Potatoes 100% Apple Juice Milk	OCTOBER 25 WG Chicken Nuggets with WG Waffle or Grilled Cheese Sandwich or Assorted Cold Entree Packs Baked Beans Fruit Cup Milk	OCTOBER 26 WG Pasta with Meat Sauce or Chicken Patty on WG Bun or Assorted Cold Entree Packs Tossed Garden Salad Milk	OCTOBER 27 Noon Dismissal No North Penn Lunch
OCTOBER 30 WG Breaded Mozzarella Sticks with WG Pasta and Marinara Sauce or Chicken Patty on WG Bun or Assorted Cold Entree Packs Broccoli Tossed Garden Salad Milk	OCTOBER 31 WG Popcorn Chicken with WG Dinner Roll and Gravy or Fruit Smoothie with WG Soft Pretzel or Assorted Cold Entree Packs Mashed Potatoes 100% Apple Juice Milk			

AVAILABLE DAILY:

Fresh vegetables: may include baby carrots, cucumbers, tossed romaine salad

Fresh fruit: may include apples, oranges, bananas

Variety of Milk: Unflavored 1% Milk and Unflavored Fat Free Milk

Hot vegetables may include: corn, peas, carrots, green beans, mixed vegetable and broccoli

Fruit cups may include: applesauce, strawberry cup, peach cup, mixed fruit, pears

Assorted dressing may include: ranch dressing, creamy Italian dressing or Italian dressing

Assorted Cold Entree Packs may include: Deli Sandwich, Nacho Cold Entree Pack, Brunch for Lunch Cold Entree Pack or Pizza Cold Entree Pack

This institution is an equal opportunity provider. Menu subject to change without notice.

WG = Whole Grain

*** All grains offered are whole grain rich**