



October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Chicken Lemon Pepper
Brown Rice
Green Beans
Pears

4 Chicken Patty
Tomatoes & Lettuce
Green Peas
Red Apple

5 Meatloaf Bread
Mashed Potatoes
Fruit Cocktail

6 Spaghetti
Meatball
Garlic Bread
Mixed Green salad
Peaches

7 Hispanic Heritage
Celebration
No Catered Lunch ☺

10 Pop Corn Chicken
Brown Rice
Green Peas & Carrots
Pears

11 Breaded Fish
Roll
Mixed Green Salad
Mandarin Orange

12 Taco Beef
Nachos Chips
Cheese Dip
Corn
Fruit Cocktail

13 Fettucine Alfredo
Garlic Bread
Broccoli
Peaches

14 Hamburger
Tomatoes & Lettuce
Oven Fried Potatoes
Pears

17 Chicken in Sauce
Brown Rice
Peas & Carrots
Peaches

18 Picadillo
Congri
Corn
Mandarin Orange

19 Lasagna
Garlic Bread
Broccoli
Applesauce

20 Ravioli
Roll
Mixed Vegetables
Cantaloupe

21 Chicken Nuggets
Mashed Potatoes
Mixed Green Salad
Pears

24 Chicken Tenders
Brown Rice
Broccoli
Pears

25 Beefaroni
Corn
Garlic Bread
Applesauce

26 Meatballs
Brown Rice
Black Beans
Cantaloupe

27 Breaded Fish
Mixed Vegetable
Bun
Mandarin Orange

28 Halloween Celebration
No Catered Lunch ☺

31 Roasted Turkey
Green Peas & Carrots
Pears
Roll



**Pre-Tech Academy
Daily Lunch Menu**

Reminders:
Breakfast is served daily from 8:00am-8:20am.
Lunch is served daily from 12:00pm-12:30pm.
Lunch must be prepaid at the start of each month.

**Lunch MUST be
paid on the 1st of
each month.**