

OCTOBER | 2022

NSLP Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Mini Chicken Corn Dogs (2 oz. WG, 2 oz. M/MA) 1 Cup California Medley ½ Cup Pears 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>4 3 oz. Meatloaf 2 oz. WG Dinner Roll 1 ¼ Cup Seasoned Sweet Potato Tots ½ Cup Fruit Cocktail 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>5 Parmesan, Garlic, and Herb Perogies (1 oz. WG, 2 oz. M/MA) 1 oz. WG Breadstick 1 Cup Spinach ½ Cup Peaches 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>6 5 oz. Red Chili Cheese Burrito (2 oz. WG, 2 oz. M/MA) 1 Cup HM Corn and Peppers ½ Cup Mandarin Oranges 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>7 Grilled Cheese Sandwich (2 oz. WG, 2 oz. M/MA) 1 Cup Baked Beans ½ Cup Tropical Fruit 4 oz. Juice / Alt Fruit 8 oz. Milk</p>
<p>10 3 oz. HM Beef Tamale Pie 2 oz. WG Cornbread 1 Cup Fiesta Black Beans ½ Cup Pears 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>11 5 each Baked Chicken Nuggets (1 oz. WG, 2 oz. M/MA) 1 oz. WG Breadstick 1 Cup Green Beans ½ Cup Fruit Cocktail 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>12 Cheese Quesadilla (2 oz. WG, 2 oz. M/MA) 1 ¼ Cup Carrots ½ Cup Peaches 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>13 Beef Pepperoni Calzone (2 oz. WG, 2 oz. M/MA) 1 Cup Broccoli ½ Cup Mandarin Oranges 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>14 Cheese Ravioli with HM Alfredo (1 oz. WG, 2 oz. M/MA) 1 oz. WG Breadstick 1 Cup Sweet Peas 1/2 Cup Tropical Fruit 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>
<p>17 2 oz. Beef Hamburger 2 oz. WG Bun 1 Cup French Fries ½ Cup Pears 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>18 2 oz. Sliced Beef Frank 2 oz. WG Cornbread 1 Cup Baked Beans ½ Cup Fruit Cocktail 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>19 3 oz. General Tso Chicken 1 Cup Brown Rice 1 Cup California Medley ½ Cup Peaches 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>20 3 oz. BBQ Meatballs 1 ¼ Cup Seasoned Sweet Potato Tots 2 oz. WG Dinner Roll ½ Cup Mandarin Oranges 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>21 5 Cheese Lasagna Roll (1 oz. WG, 2 oz. M/MA) With HM Tomato Sauce 1 oz. WG Dinner Roll 1 Cup Spinach ½ Cup Tropical Fruit 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>
<p>24 4 oz. Pot Roast (2oz M/MA) 1 ¼ Cup Carrot 2 oz. WG Breadstick ½ Cup Pears 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>25 Deep Dish Cheese Pizza (2 oz. WG, 2 oz. M/MA) 1 Cup Broccoli ½ Cup Fruit Cocktail 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>26 Chicken Patty Sandwich (1 oz. WG, 2 oz. M/MA) 2 oz WG Bun 1 Cup French Fries ½ Cup Peaches 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>27 3 oz. HM Walking Taco 2 oz. WG Tortilla Chips 1 Cup Fiesta Black Beans ½ Cup Mandarin Oranges 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>28 ½ Cup WG Macaroni and Cheese (2 oz. WG, 2 oz. M/MA) 1 Cup Green Beans ½ Cup Tropical Fruit 4 oz. Juice / Alt Fruit 8 oz. Milk</p>
<p>31 Mini Chicken Corn Dogs (2 oz. WG, 2 oz. M/MA) 1 Cup California Medley ½ Cup Pears 4 oz. Juice / Alt Fruit 8 oz. Milk</p>	<p>1 3 oz. Meatloaf 2 oz. WG Dinner Roll 1 ¼ Cup Seasoned Sweet Potato Tots ½ Cup Fruit Cocktail 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>2 Parmesan, Garlic, and Herb Perogies (1 oz. WG, 2 oz. M/MA) 1 oz. WG Breadstick 1 Cup Spinach ½ Cup Peaches 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>3 5 oz. Red Chili Cheese Burrito (2 oz. WG, 2 oz. M/MA) 1 Cup HM Corn and Peppers ½ Cup Mandarin Oranges 4 oz. Juice / Alt. Fruit 8 oz. Milk</p>	<p>4 Grilled Cheese Sandwich (2 oz. WG, 2 oz. M/MA) 1 Cup Baked Beans ½ Cup Tropical Fruit 4 oz. Juice / Alt Fruit 8 oz. Milk</p>

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1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.