



October 2023 MS/HS Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Buffalo Chicken Bites Mashed Potatoes w/gravy Corn & peaches Whole Grain Dinner Roll Milk	3 Wild Mike's Cheese Bites Rg or Jalapeno with Marinara Fruit Mix & Cooks Choice Fruit Fresh Veggies & Baby Carrots Milk	4 Philly Steak Nachos w/Queso w/Shredded lettuce and Salsa Baked beans Fresh Grapes and Kiwi Milk	5 Spaghetti w/Meat Sauce Garlic Toast Side Salad w/Dressing Fresh Apple Slices Milk	6 Cook Choice Entrée Pizza Sun Chips Celery Sticks or Carrots w/franch Cooks Choice Fresh Fruit Craisins
9 Chicken and Gravy w/Buttered Noodles Peas & Pears Whole Grain Dinner Roll Milk	10 Cheese Roller Dog on a bun w/Sweet Relish & Onion Steamed Vegetables Pineapple Tidbits & Dried Cranberries Milk	11 <i>Made with Local BEEF!</i> Walking Taco w/Cheese and Salsa Side Salad w/Baby Carrots Potato Ole's & Refried Beans Fresh Orange Slices	12 Chicken Wings w/sauce bar Steak Cut Fries or Onion Rings Fresh Cucumber Slices Fruit Mix & Delight Dessert Milk	13 1/4 lb Pub Burger w/Cheese w/Romaine and Tomato Sun Chips & Fries Cooks Choice Vege & Sidekick Milk
16 Mr. Sloppy Joe Curly Fries Applesauce Mixed Veggies w/Cheese Milk	17 Popcorn Chicken Mashed Potatoes w/gravy Corn & peaches Whole Grain Dinner Roll Milk	18 French Toast Sticks Sausage Patty w/Hashbrown Banana Juice Box Milk	19 Soft Shell Taco w/Cheese and Salsa Side Salad w/Baby Carrots Potato Ole's & Refried Beans Fresh Orange Slices	20 Louisiana Chicken Fillet w/Romaine and Tomato French Fries & baby Carrots Coleslaw Applesauce Cup
23 Nashville Hot Chicken Tenders Mashed Potatoes w/gravy Corn Pears whole grain dinner roll	24 Mac and Cheeseburger w/goldfish crackers Mixed Steamed Veggies Cherry Craisens Fresh Apple Slices & Milk	25 Mandarin Orange Chicken white rice Steamed Broccoli Snap Peas Mandarin Oranges & Milk	26 Spaghetti w/Meat Sauce Garlic Toast Side Salad w/Dressing Cooks Coice Fruit Milk	27 Pizza Crunchers Harvest Cheddar Sun Chips Fresh Fruit & Sidekick Juice Baked Beans & Baby Carrots Milk
30 <i>REG or Dill Flavored</i> Boneless Chicken Bites Mashed Potatoes w/gravy Corn & peaches Whole Grain Dinner Roll Milk	31 Pretzel Dog w/Queso Tator Tots Steamed Veggies Pineapple Tidbits Milk	Local Product of the month! Ground Beef from Beringer Family Farms Cascade, IA!		

Menu subject to change without notice

This institution is an equal opportunity provider
Fat Free, 1% white and Choc Milk available daily



Reminder, If you feel you qualify for free or reduced meals. Please submit an application in your parent portal. Click on More then Meal Benefits.

