

OCTOBER 2024 Lunch & Snack Menu

	<p>1 Taco Salad w/ Corn Chips(WG) , Apple Slices</p> <p>AM: Kix (WG) & Milk PM: Go-Gurt & Clementines</p>	<p>2 Tuna Sandwich (WW), Celery & Carrots, Peaches</p> <p>AM: Goldfish (WG) & Juice PM: Pub Mix & Juice</p>	<p>3 Chicken Long Rice, Green Beans, Orange Wedges</p> <p>AM: Zucchini Bread & Milk PM: Tortilla Chips(WG)& Nacho Cheese, Juice</p>	<p>4 ALL SCHOOL HOME LUNCH</p> <p>AM: Wheat Thins & Cheese PM: Ritz Crackers & Juice</p>
7	8	9	10	11
		<p>Fall Break no school</p>		
<p>14 Fall Break no school</p>	<p>15 Hot Dog on a Bun, Carrots/ Cucumbers, Apple Slices</p> <p>AM: Cheerios (WG) & Milk PM: Utz Pretzels (WG) & Juice</p>	<p>16 Chicken Nuggets (WG), Hapa Rice, Broccoli, Apple Slices</p> <p>AM: Cottage Cheese & Peaches PM: Graham Crackers & Milk Juice</p>	<p>17 Volcano Tots w/Biscuits, Salad, Pears</p> <p>AM: Blueberry Muffin & Milk PM: Wheat Thins (WG) & Sliced Cheese</p>	<p>18 Hamburger Spaghetti w/ Roll, Peas, Fruit Cocktail</p> <p>AM: Cucumbers & Apples PM: Egg Rolls (WG) & Milk</p>
<p>21 Chili w/Hapa Rice, Corn, Apple Sauce</p> <p>AM: Mini Wheats (WG) & Milk PM: Goldfish & Juice</p>	<p>22 Chicken Pancit, Hapa Rice, Stir Fry Veggies, Orange Wedges</p> <p>AM: Naan Bread & Cheese PM: Chex Mix (WG) & Juice</p>	<p>23 Pork & Peas, Hapa Rice, Pineapple Chunks</p> <p>AM: Ritz Crackers (WG) & Milk PM: String Cheese & Fruit</p>	<p>24 Egg Fried Rice, Celery & Carrots, Peaches</p> <p>AM: Apple/Carrot Muffin & Milk PM: Triscuit Thins (WG)& Chicken Salad</p>	<p>25 Beef Lasagna w/Roll, Salad, Fruit Cocktail</p> <p>AM: Cheez-its (WG) & Milk PM: Tortilla Chips(WG)& Nacho Cheese, Juice</p>
<p>28 Shoyu Hot Dogs, Hapa Rice, Broccoli, Apple Sauce</p> <p>AM: Cheerios (WG) & Milk PM: Naan Bread & Juice</p>	<p>29 Ham Rolls on Tortilla, Lettuce & Tomato, Peaches</p> <p>AM: Graham Crackers (WG) & Milk PM: Go-Gurt & Fruit</p>	<p>30 Saimin, Green Beans, Pears</p> <p>AM: Banana Bread & Milk PM: Wheat Thins & Tuna</p>	<p>31 Cheese Pizza, Mixed Vegetables, Apple Slices</p> <p>AM: Cottage Cheese & Pineapple PM: Pub Mix & Juice</p>	

For He satisfies the thirsty and fills the hungry with good things. Psalm 107:9

*Milk is served with ALL lunches *WG: Whole Grain / WW: Whole Wheat * Condiments to be served on side (i.e., mayo, dressing)