

LUNCH MENU OCTOBER 2022

Chicken Penne Alfredo Flatbread Cheese Pizza Box

Chicken Sandwich

National Taco Day

Beef Soft Tacos Turkey & Cheese Sub Grilled Cheese ()

Breakfast for Lunch Scrambled Eggs, Toast . & Sausage Buffalo Ranch Chicken Salad Popcorn Chicken & Roll 6 Egg Fried Rice 0 Popcorn Chicken Salad Hamburger or Cheeseburger

Corn Dog Southwest Chicken Wrap Cheese or Pepperoni Pizza 🕡

10

No School

Ranch Chicken Club

Flathread (1) Italian Pizza Salad Cheese Pizza Sticks ITO: Beef Tater Tot Nachos

SunButter & Jelly Sandwich Chicken Nuggets &

Roll

LTO: Beef Tater Tot Nachos

Baja Salad & Tortilla Chips 0 Hamburger or Cheeseburger

Hot Dog

Ham & Cheese Sub () Cheese or Pepperoni Pizza n

17

Broccoli Cheddar Baked Potato (1) Chicken Caesar Salad Chicken Sandwich

18

National Pasta Day

Spaghetti Carbonara Turkey & Cheese Sub Mozzarella Cheese Dunker

19

Chicken Fried Steak & Roll Flatbread Cheese Pizza Box 🐽 Popcorn Chicken &

Roll

20

13

Cheese Quesadilla Popcorn Chicken Salad Hamburger or Cheeseburger

21

14

BBQ Chicken Sandwich Honey Mustard Chicken Wrap Cheese or Pepperoni

Pizza ()

24

Mac & Cheese () **Buffalo Ranch Chicken** Salad Chicken Sandwich

25

Orange Chicken & Rice Turkey & Cheese Sub Cheese Pizza Sticks ** 26

Chicken Quesadilla SunButter & Jelly Sandwich Chicken Nuggets &

Roll

27

Grilled Cheese (1) Cobb Salad 0 Hamburger or Cheeseburger

28

Fish Sticks & Roll Grilled Chicken Salad Cheese or Pepperoni Pizza n

31

Happy Halloween

Cheesy Baked Penne Italian Pizza Salad Chicken Sandwich

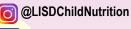
Offered Daily: SunButter Sandwich ()

All meals offered with a choice of fruit and choice of milk (1% white and skim chocolate)

Denotes vegetarian item Denotes pork item

*Menu subject to change

STAY UP TO DATE



LISD Child Nutrition



