

October

WISE OWL HEALTHY LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Turkey Noodle Casserole	Hamburger/Hot Dogs	Pizza	Soups Available
			Steamed Broccoli	Lettuce wraps/buns	Cheese/Pepperoni	Everyday
			Broc Cheese Casserole	Tator Tots	Salad	Chicken
				Pasta Salad	Fruit	Veggie
				Black Bean Burger		Bean Chili
			Fruit	Fruit		
5	6	7	8	9	10	11
	Roasted Chicken	Shepherds Pie	Chicken Tenders	Meat Loaf	Pizza	Bold Items are
	Mashed Potato	Peas	Sweet Potato Fries	Broccoli Rice Casserole	Cheese/Pepperoni	veggie options
	Peas		Broc/Cauli/Carrots w/ dip (fresh veggies)	Mixed Veggies	Salad	
	Pasta/Bean Salad	Veggie Lasagna	Veggie Chili	Bean/Cheese Burrito	Fruit	
	Fruit	Fruit	Fruit	Fruit		
12	13	14	15	16	17	18
		Chili	Cheese quesadilla	Spaghetti/Meatballs	Pizza	
		Sweet Potato Cakes	Guacamole	(turkey/beef)	Cheese/Pepperoni	
	STUDENT HOLIDAY	Veggie Chili	Chips	Steamed Cauliflower	Salad	
			Salad	Salad	Fruit	
			Veggie Sticks			
		Fruit	Fruit	Fruit		
19	20	21	22	23	24	25
	Roasted Chicken	Hamburger/Hot Dogs	Coconut Fried Chicken	Lasagna	Pizza	
	Mashed Potato	Lettuce wraps/buns	Cole Slaw	Salad	Cheese/Pepperoni	
	Peas	Tator Tots	Beans		Salad	
	Pasta/Bean Salad	Pasta Salad	Biscuits	Veggie Lasagna	Fruit	
		Black Bean Burger	Bean/Cheese Burritos			
	Fruit	Fruit	Fruit	Fruit		
26	27	28	29	30	31	
		Sloppy Joes	Tacos (bf, turkey, bean)	Loaded Baked Potato	Pizza	
	STUDENT HOLIDAY	French Fries	Cheese quesadilla	Beef or Bean Chili	Cheese/Pepperoni	
	Parent/Teacher	Celery/Carrot Sticks	Rice	Salad	Salad	
	Conferences	Cheese Quesadilla	Beans		Fruit	
		Fruit	Fruit	Fruit		

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