

Monday 10/4 National Taco Day	Tuesday 10/5	Wednesday 10/6 National Noodle Day	Thursday 10/7	Friday 10/8 National Pierogie Day
<p>Lunch Option #1: Ground Beef Hard Tacos with Lettuce, Tomato, Cheese, Salsa, and Sour Cream</p> <p>Lunch Option #2: Black Bean and Vegetable Burrito</p> <p>Sandwich Option #1: Turkey, Cajun Ranch, and Avocado with Pepper Jack, Lettuce and Tomato on Wheat</p> <p>Salad Option #1: Mexicali Black Bean and Vegetable Salad</p> <p>Today's Sides: Refried Beans, Chilli Lime Corn</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Apple Cider Glazed Chicken Breast</p> <p>Lunch Option #2: Bratwurst with Apples and Sauerkraut on a Whole Grain Roll</p> <p>Sandwich Option #1: Ham and Swiss Sub with Honey Mustard, Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll</p> <p>Today's Sides: Oven Roasted Local Sweet Potatoes, Mashed Butternut Squash</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: 4 Cheese Baked Ziti</p> <p>Lunch Option #2: Beef Hot Dog with a Whole Grain Bun</p> <p>Sandwich Option #1: Roast Beef and Cheddar on a Pretzel Bun with Lettuce, Tomato, and Pickles</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli, Herb Roasted Potatoes</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Lemon Herb Roasted Chicken</p> <p>Lunch Option #2: Thin Sliced Barbecue Brisket Sandwich on a Roll with Coleslaw and Pickles</p> <p>Sandwich Option #1: Waldorf Chicken Salad Wrap</p> <p>Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Local Honey Glazed Carrots, Seasoned Brown Rice Pilaf</p> <p>Today's Fruit: Pineapple</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Chicken Caesar Panini</p> <p>Sandwich Option #1: Tuna Salad on Whole Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Roll</p> <p>Today's Sides: Italian Blend Vegetables, Potato Cheddar Pierogie</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 10/11 National Sausage Pizza Day	Tuesday 10/12 National Gumbo Day National Pulled Pork Day	Wednesday 10/13	Thursday 10/14 National Dessert Day	Friday 10/15 National Mushroom Day
<p>Lunch Option #1: Sausage French Bread Pizza</p> <p>Lunch Option #2: Sloppy Joe sandwich on a Whole Grain Bun</p> <p>Sandwich Option #1: Italian Cold Cut Sub with Lettuce, Tomato and Pickles</p> <p>Salad Option #1: Chef Salad</p> <p>Today's Sides: Seasoned Green Beans, Garden Salad with Ranch Dressing</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Chicken and Sausage Gumbo over Brown Rice</p> <p>Lunch Option #2: Barbecue Pulled Pork Sandwich on a Whole Grain Bun</p> <p>Sandwich Option #1: Tuna Salad with Lettuce, Tomato, and Pickles on a Kaiser Roll</p> <p>Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Seasoned Brown Rice, California Blend Vegetables</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Scrambled Eggs, Turkey Sausage, and Pancakes with Syrup</p> <p>Lunch Option #2: Oven Fried Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Sandwich Option #1: Ham and American Cheese with Mustard on Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Cobb Salad</p> <p>Today's Sides: Seasoned Hash Browns, German Blend Vegetables</p> <p>Today's Fruit: Fresh Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Roasted Pork Loin with Apple and Grain Mustard Glaze and a Whole Grain Roll</p> <p>Lunch Option #2: Baked Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Barbecue Crispy Chicken Sandwich</p> <p>Salad Option #1: Crispy Chicken Salad with Cheddar Cheese and Ranch</p> <p>Today's Sides: Baked Tater Tots, Cole Slaw, Whole Grain Chocolate Chip Cookies</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Grilled Veggie Burger on a Whole Grain Bun with Cheddar, Lettuce and Tomato</p> <p>Sandwich Option #1: Meatball Parmesan Sub</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p>Today's Sides: Herb Roasted Local Mushrooms, Sweet Potato Fries</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 10/18	Tuesday 10/19	Wednesday 10/20	Thursday 10/21 International Day of the Nacho National Apple Day	Friday 10/22
<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Grilled Cheeseburger with Lettuce and Tomato on a Whole Grain Bun</p> <p>Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Local Corn on the Cob, Baked Tater Tots</p> <p>Today's Fruit: Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Sliced Flank Steak with Gravy</p> <p>Lunch Option #2: Chicken Cheesesteak Sub with American Cheese</p> <p>Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed Brown Rice, Buttered Broccoli</p> <p>Today's Fruit: Orange Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Asian Beef and Broccoli</p> <p>Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p>Salad Option #1: Asian Vegetable and Black Bean Salad</p> <p>Today's Sides: Fried Rice, Asian Blend Vegetables</p> <p>Today's Fruit: Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cinnamon Apple Glazed Chicken Breast</p> <p>Lunch Option #2: Ground Beef and Vegetable Nachos</p> <p>Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun</p> <p>Today's Sides: Seasoned Green Beans, Mashed Sweet Potatoes</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Corn Dogs with Honey Mustard Dipping Sauce</p> <p>Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad</p> <p>Today's Sides: Italian Blend Vegetables, Baked Tater Tots</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 10/25 World Pasta Day	Tuesday 10/26 National Chicken Fried Steak Day National Pumpkin Day	Wednesday 10/27	Thursday 10/28	Friday 10/29 National Breadstick Day
<p>Lunch Option #1: Bats and Cobweb Pasta (bowtie pasta with meat sauce and baked mozzarella cheese)</p> <p>Lunch Option #2: Monster Eyeball Sub (turkey meatball sub)</p> <p>Sandwich Option #1: Barbecue Chicken Wrap</p> <p>Salad Option #1: Teriyaki Salmon Salad</p> <p>Today's Sides: Steamed Broccoli, Seasoned Baby Carrots</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy</p> <p>Lunch Option #2: Grilled Turkey Burger on a whole Grain Bun with American Cheese, Lettuce and Tomato</p> <p>Sandwich Option #1: Roast Beef and Cheddar with Lettuce, Tomato and Pickles</p> <p>Salad Option #1: Mozzarella Caprese Salad over Spinach with Roasted Red Peppers, Grilled Red Onions, and Balsamic</p> <p>Today's Sides: Seasoned Mashed Pumpkin, Sweet Corn</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Baked Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Ham and American Cheese on a Pretzel Bun with Lettuce and Tomato</p> <p>Salad Option #1: Tuna Salad over Garden Salad</p> <p>Today's Sides: Baked Fries, California Blend Vegetables</p> <p>Today's Fruit: Sliced Apples</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Ground Chicken Soft Tacos with Cheese, Lettuce, Tomatoes, Sour Cream and Salsa</p> <p>Lunch Option #2: Grilled Vegetable Quesadilla with Salsa and Sour Cream</p> <p>Sandwich Option #1: Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese.</p> <p>Salad Option #1: Cobb Salad</p> <p>Today's Sides: Key Largo Vegetables, Spanish Rice</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Grilled Veggie Burger with Swiss, Lettuce and Tomato</p> <p>Sandwich Option #1: Roasted Veggie and Cheddar Wrap</p> <p>Salad Option #1: Roasted Root Vegetable Salad</p> <p>Today's Sides: Italian Blend Vegetables, Garlic Parmesan Bread Sticks with Marinara Dipping Sauce</p> <p>Today's Fruit: Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>