

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 Conferences		Celery/Carrot Sticks		Rice		Salad		Salad			
				Cheese Quesadilla		Beans				Fruit			
				Fruit		Fruit		Fruit					

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