



unity meals

LN K-8

MONDAY

OCTOBER

LUNCH

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



All meals are served with fruit and a choice of milk

*Most grains are whole grains

* This institution is an equal opportunity provider
(V) Vegetarian (VG) Vegan



1

*Mac and Beef Pasta or *Mac and Cheese Pasta (V) with Broccoli

2

Cheesy Nachos (V) with Baby carrots

5

*Cheeseburger or *Cheese Quesadilla (V) with Potato Wedges

6

*Chicken Taco Bowl or *BRC Taco Bowl (V) with Beans

7

*Chicken Nuggets or Vegan Nuggets (VG) with Baby Carrots

8

*Chicken Pesto Pasta or *Cheesy Pesto Pasta (V) with Broccoli

9

*Pizza (Cheese (V)

12

*Beef Burrito or *Cheesy Enchiladas (V) with Beans

13

*Chicken Teriyaki Bowl or *Tofu Teriyaki Bowl (VG) with Broccoli

14

*Crispy Chicken Sandwich or *Grilled Cheese Sandwich (V) with Potato Wedges

15

*Spaghetti Marinara with Meatballs or *Spaghetti Marinara with Cheese (V) and Green beans

16



National School Lunch Week

19

*Hamburger or *Grilled Cheese Sandwich (V) with Potato Wedges

20

*Asian Dumpling Bowl with Edamame or *Edamame Bowl (VG) with Broccoli

21

*Hot Dog on Whole grain Bun or *Bean and Cheese Burrito (V) with Baby carrots

22

*Chicken Alfredo Pasta or *Cheesy Alfredo Pasta (V) with Green beans

23

*Pizza (Cheese (V)

26

*Beef and Cheese Taco stick or *Bean and Cheese Pupusa (V) with Broccoli

27

*Chicken Taco Bowl *BRC Taco Bowl (V) with Beans

28

*Turkey and Cheese Wrap or *Cheesy Enchiladas (V) with Cucumbers

29

*Spooky Bat (Chicken) Wings or *Vegan Nuggets with Potato Wedges

30

Cheesy Pull-aparts (V) with Baby carrots