

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Roasted Veggie Sticks WITH: Mixed Vegetables Diced Pears</p>	<p>3 Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Wheat Bun Honey Mustard Fresh Cut Green Beans Mandarin Oranges</p>	<p>4 All American Hamburger OR: Gardenburger WITH: Wheat Bun Sliced American Cheese Mashed Potatoes Diced Peaches</p>	<p>5 Twist & Shout Mac 'n Cheese WITH: Whole Wheat Roll Vegetable Medley Fresh Sliced Apples*</p> <p>*Applesauce</p>	<p>6 Pizza Day Whole Wheat Cheese Pizza WITH: Baby Carrots* with Ranch Dip Pineapple Tidbits</p> <p>*Diced Carrots</p>
<p>9 Chicken and Dumplings featuring Local Springer Mountain All Natural Chicken OR: Vegetable Sticks WITH: Fresh Cut Green Beans Mandarin Oranges</p>	<p>10 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Green Peas Diced Pears</p>	<p>11 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Chef Made Corn & Black Bean Salad Pineapple Tidbits</p>	<p>12 Under-the-sea-Whole Wheat Fish Nuggets OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce Whole Wheat Roll Vegetable Medley Fruit Yogurt Cup</p>	<p>13 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Garden Salad with Italian Dressing* Citrus Smiles</p> <p>*Green Peas</p>
<p>16 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit</p>	<p>17 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta with: Soft Breadstick Fresh Garden Salad with Homemade Ranch Dressing* Diced Peaches</p> <p>*Green Peas</p>	<p>18 Whole Grain Chicken Strips OR: Boca Nuggets WITH: House-made Honey Mustard Sauce Fresh Broccoli with Ranch Dip* Pineapple Tidbits</p> <p>*Green Beans</p>	<p>19 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken OR: Bean and Cheese Quesadilla WITH: Freshly Made Mild Salsa Mexicali Rice Green Peas Fresh Sliced Apples* *Applesauce</p>	<p>20 Whole Wheat Spaghetti in a Savory Turkey Meat Sauce OR: Whole Wheat Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Green Beans Diced Pears</p>
<p>23 American Hamburger Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Green Beans Mandarin Oranges</p>	<p>24 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-made Barbeque Sauce Slow Cooked Baked Beans Diced Pears</p>	<p>25 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Garden Salad with Italian Dressing* Diced Peaches</p> <p>*Diced Carrots</p>	<p>26 BBQ Pulled Chicken Sandwich OR: Black Bean Bites with: Wheat Bun Slow Cooked Baked Beans Applesauce</p>	<p>27 Topsy Turvy Breakfast for Lunch!! Whole Grain Waffle Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Breakfast Potatoes Banana Half</p>
<p>30 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Peas Mandarin Oranges</p>	<p>31 Oven Roasted Chicken OR: Eggplant with Cheese WITH: Lemon Herb Rice Green Lima Beans Pineapple Tidbits HALLOWEEN TREAT: House-made Pumpkin Bread</p>			



V = Vegetarian Entrée Options
 *2oz Steamed Vegetable Substitute for Toddler
 Milk Served with Lunch Daily

No High Fructose Corn Syrup, MSG, or Artificial Sweeteners · Trans Fat Free
 Locally sourced ingredients whenever possible



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Bowtie Pasta Soy, Wheat Mixed Vegetables None Diced Pears None</p> <p>Roasted Veggie Sticks Soy, Wheat, Milk, Egg</p>	<p>3 Chicken Soy, Wheat, Egg Bun Wheat Honey Mustard Egg Green Beans None Oranges None</p> <p>Black Bean Sandwich Soy, Wheat, Milk</p>	<p>4 Hamburger Soy Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Peaches None</p> <p>Gardenburger Soy, Wheat, Milk</p>	<p>5 Pasta** Wheat, Milk Roll Wheat Mixed Vegetables None Apples None</p> <p>*Applesauce None</p>	<p>6 Cheese Pizza Soy, Wheat, Milk Baby Carrots None Ranch Dip Milk, Egg Pineapple None</p> <p>*Diced Carrots None</p>
<p>9 Chicken and Dumplings Soy, Wheat, Egg, Milk Green Beans None Oranges None</p> <p>Veggie Sticks Soy, Wheat, Milk, Egg</p>	<p>10 Chicken Alfredo** Milk, Wheat Green Peas None Diced Pears None</p> <p>Alfredo Pasta Wheat, Milk, Soy</p>	<p>11 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn & Black Bean None Pineapple None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>12 Fish Nuggets Wheat, Fish, Milk Tartar Sauce Egg, Fish Roll Wheat Mixed Vegetables None Yogurt Milk</p> <p>Veggie Sticks Soy, Wheat, Milk, Egg</p>	<p>13 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Garden Salad None Italian Dressing None Oranges None</p> <p>Meatless Meatballs Wheat, Milk, Egg *Green Peas None</p>
<p>16 Soft Taco Wheat Cheddar Cheese Milk Corn None Tropical Fruit None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>17 Cheeseburger Mac** Wheat, Milk Breadstick Wheat Garden Salad None Ranch Dressing Egg, Milk Peaches None</p> <p>Cheesy Shells Wheat, Milk *Green Peas None</p>	<p>18 Chicken Strips Soy, Wheat, Egg, Milk Honey Mustard Egg Broccoli None Ranch Dip Milk, Egg Pineapple None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>19 Chicken Quesadilla Milk, Wheat Salsa None Rice Milk Peas None Apples None</p> <p>Bean & Cheese Quesadilla Wheat, Milk, Soy *Applesauce None</p>	<p>20 Spaghetti** Wheat Mozzarella Cheese Milk Breadstick Wheat Green Beans None Pears None</p> <p>Spaghetti w/ Cheese Milk, Wheat</p>
<p>23 Hamburger Skillet** Wheat Breadstick Wheat Green Beans None Oranges None Garden Skillet</p> <p>Wheat, Milk</p>	<p>24 Chicken Nuggets Soy, Milk, Egg, Wheat BBQ Sauce None Baked Beans None Diced Pears None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>25 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Garden Salad None Italian Dressing None Peaches None</p> <p>Meatless Meatball Sub Wheat, Milk, Egg *Carrots None</p>	<p>26 Pulled Chicken Wheat Baked Beans None Applesauce None</p> <p>Black Bean Bites Soy, Wheat, Milk</p>	<p>27 Waffle Sticks Soy, Wheat, Milk, Egg Syrup None Turkey Sausage None Breakfast Potatoes None Banana None</p> <p>Vegetarian Sausage Soy, Wheat, Milk, Egg</p>
<p>30 Teriyaki Chicken Soy, Wheat Green Peas None Oranges None</p> <p>Vegetable Teriyaki Noodles Soy, Wheat</p>	<p>31 Roasted Chicken Soy Lemon Rice Soy Lima Beans None Pineapple None Pumpkin Bread Soy, Wheat, Milk, Egg</p> <p>Eggplant w/ Cheese Soy, Wheat, Milk</p>			

**** All Pasta Products are Processed in a Facility that Uses Egg****

This list is comprised of the most common allergens we chart, including egg, soy, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

The FDA exempts soybean oil from being listed as an allergen on product labels since studies have shown that many individuals with a soy allergy can safely eat soy oil.