

# Lunch Menu

## October 2023

Meals catered by LSS Meals



**Mon                      Tue                      Wed                      Thu                      Fri**

2 WG Bosco Stick Carrots & Peas Applesauce	3 Diced Turkey pot pie on WG/biscuit Diced Carrots Apple Slices	4 BBQ Diced Chicken on WG Bun Steamed veggies Diced Peaches	5 Turkey in Gravy Mashed Potatoes Banana WG Bread Slice	6 Pizza Fruit Veggie Yogurt
9 Hamburger on WG Bun w/Cheese Diced Carrots Applesauce	10 Diced Chicken WG Noodles Peas & Carrots Mixed Fruit	11 Meatloaf w/ Gravy Mashed Potatoes WG Bread Mandarin Oranges	12 WG Bean & Cheese Burrito Steamed Green Beans Bananas	13 Pizza Fruit Veggie Yogurt
16 Salisbury Steak Green Beans Applesauce WG Bread	17 Meatballs w/Marinara & Cheese Diced Carrots WG Breadsticks Pears	18 Beef Taco w/ WG shell Steamed Green beans Apple slices	19 Sweet & Sour Chicken WG Brown Rice Mixed Veggies Bananas	20 Pizza Fruit Veggie Yogurt
23 Diced Chicken w/ Marinara & Cheese Green Beans WG Bread Stick Applesauce	24 Ground Beef Mac & Cheese Peas and Carrots Peaches	25 WG Cheese Calzone Steamed Veggies Pineapple	26 Turkey in Gravy Mashed Potatoes Banana WG Bread Slice	27 Pizza Fruit Veggie Yogurt
30 Swedish Meatballs Peas & Carrots Apple Sauce WG Bread	31 WG Pasta w/ Meat Sauce Mixed Veggies Pears			

Milk served with all meals:

Whole milk for ages 12 to 23 months.

1% milk for ages 2 to 12 years.

**1 serving of  
whole grain  
will be served  
daily**



**WG = whole grain**

