



# October 2022

## WEST ELEMENTARY SCHOOL LUNCH MENU

	MON	TUES	WED	THURS	FRI
	<b>CHEESEBURGER CHICKEN PATTY SANDWICH</b> <sup>3</sup> <b>HAM &amp; CHEESE SUB</b> Mixed Vegetables Fresh Vegetable Fruit Milk	<b>MOZZARELLA STICKS W/ SAUCE</b> <b>HOT DOG</b> <b>TURKEY &amp; CHEESE SUB</b> Baked Beans Fresh Vegetable Fruit Milk	<b>MINI PIEROGI</b> <sup>5</sup> <b>CHICKEN NUGGETS w/ Bread</b> <b>CHICKEN CAESAR SALAD</b> Steamed Broccoli Fresh Vegetable Fruit Milk	<b>SOFT SHELL TACO</b> <sup>6</sup> <b>HAMBURGER</b> <b>CHICKEN CAESAR SALAD</b> Golden Corn Fresh Vegetable Fruit Milk	<b>CHEESE PIZZA</b> <sup>7</sup> <b>Chicken Patty Sand. HAM &amp; CHEESE WRAP</b> Fresh Vegetable Choice Fruit Milk
	<b>CHICKEN NUGGETS W/BREAD</b> <sup>11</sup> <b>CHEESEBURGER</b> <b>TURKEY &amp; CHEESE SANDWICH</b> Green Beans Fresh Vegetable Fruit / Milk	<b>MOZZARELLA STICKS W/ SAUCE</b> <sup>12</sup> <b>HOT DOG</b> <b>HAM &amp; CHEESE SANDWICH</b> Baked Tater Tots Fresh Vegetable Fruit/Milk	<b>SOFT SHELL TACO</b> <sup>13</sup> <b>HAMBURGER</b> <b>TURKEY &amp; CHEESE SANDWICH</b> Golden Corn Fresh Vegetable Fruit Milk	<b>CHEESE PIZZA</b> <sup>14</sup> <b>HAMBURGER</b> <b>HAM &amp; CHEESE WRAP</b> Steamed Broccoli Fresh Vegetable Fruit Milk	
	<b>CHEESE FILLED BREADSTICKS W/ SAUCE</b> <sup>7</sup> <b>CHICKEN PATTY ON A ROLL</b> <b>TURKEY &amp; CHEESE SANDWICH</b> Golden Corn Fresh Vegetable Fruit / Milk	<b>CHICKEN TENDERS W/BREAD</b> <sup>8</sup> <b>CHEESEBURGER</b> <b>HAM &amp; CHEESE SANDWICH</b> Baked Tater Tots Fresh Vegetable Fruit / Milk	<b>MEATBALL SUB</b> <sup>19</sup> <b>CHICKEN NUGGETS W/BREAD</b> <b>POPCORN CHICKEN SALAD</b> Green Beans Fresh Vegetable Fruit / Milk	<b>WALKING TACO</b> <sup>20</sup> <b>HOT DOG ON A ROLL</b> <b>ALL AMERICAN CHEF SALAD</b> Ranch Cucumbers Fresh Vegetable Fruit / Milk	<b>CHEESE PIZZA</b> <sup>21</sup> <b>HAMBURGER</b> <b>HAM &amp; CHEESE WRAP</b> Baked Tater Tots Fresh Vegetable Fruit / Milk
	<b>WARM HAM &amp; CHEESE ON A BUN</b> <sup>24</sup> <b>CHICKEN PATTY SANDWICH</b> <b>HAM &amp; CHEESE SANDWICH</b> Baked Tater Tots Fresh Vegetable Fruit / Milk	<b>BBQ PORK RIBLET ON A BUN</b> <sup>25</sup> <b>CHEESEBURGER</b> <b>TURKEY &amp; CHEESE SANDWICH</b> Baked Beans Fresh Vegetable Fruit / Milk	<b>HAMBURGER ON A BUN</b> <sup>26</sup> <b>CHICKEN NUGGETS W/ BREAD</b> <b>HAM &amp; CHEESE SANDWICH</b> Baked Crinkle Fries Fresh Vegetable Fruit / Milk	<b>NACHO PLATTER</b> <sup>27</sup> <b>HOT DOG ON A BUN</b> <b>CHICKEN CAESAR SALAD</b> Golden Corn Fresh Vegetable Fruit / Milk	<b>PEPPERONI PIZZA</b> <sup>28</sup> <b>CHICKEN PATTY SANDWICH</b> <b>TURKEY &amp; CHEESE WRAP</b> Steamed Carrots Fresh Vegetable Fruit / Milk
	<sup>31</sup> <b>EARLY DISMISSAL</b> <b>BAG LUNCH AVAILABLE</b> 				

**Fruits & Vegetables Offered Daily**  
 Apples, Oranges, Bananas  
 Chilled Fruit Cup  
 100% Fruit Juice  
 Baby Carrots  
 Celery Sticks

**Milk Choices Offered with Every Meal**  
 1% Plain  
 Fat Free  
 Fat Free Chocolate

Due to continued manufacturing issues, there may be substitutes on occasion. We apologize in advance for any inconvenience

**Whole Grain Bread, Rolls, or Crackers Offered Daily**

### FREE LUNCH FOR ALL STUDENTS



To make a meal, students must select foods from at least 3 different food groups with one of the items being a ½ cup fruit, ½ cup vegetable or a 4 oz. fruit juice. Students may select up to 1 cup of vegetables but only ½ c fruit or 100% juice. Meals without a fruit or vegetable will be charged a la carte pricing.



This institution is an equal opportunity providers