



unity meals

LN CW

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 or
*Chef Salad

2

*Pizza (Cheese (V)
or Pepperoni)
or *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
or *Greek Chicken
salad

7

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

8

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

9

*Pizza (Cheese (V)
or Pepperoni)
or *Cheesy
Pullaparts (V)
with Cucumbers

12

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

13

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

14

*Chicken and
Mozzarella
Sandwich with
Corn or *Cheese
Pizza Pack (V)
with Corn

15

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

16

*Pizza (Cheese (V)
or Pepperoni)
or *Cheese
Tamale (V) with
Baby carrots

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 or
*Asian Chicken
salad

21

*Turkey and
Cheese Wedge
sandwich or
*Cheesy Nachos (V)
with Beans

22

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

23

*Pizza (Cheese (V)
or Pepperoni)
or *Cocoa Chickpea
dip + Cheese stick
and Grahams (V)
with Baby carrots

26

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

27

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

28

*Turkey and
Cheese Wrap or
*WOWbutter
sandwich +
Cheese stick (V)
with Cucumbers

29

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

30

*Pizza (Cheese (V)
or Pepperoni)
or *Cheesy
Pull-aparts (V)
with Baby carrots

SPECIAL
OFFER

