



unity meals

DN C

MONDAY

OCTOBER

SUPPER

*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

Meal Pattern:
8 oz Milk
2 oz MMA (Meat)
1/2 cup Fruit
1/2 cup Vegetable
1 oz Whole Grain

1

*Cheesy
Nachos (V)
(MMA/WG)
with Tortilla
chips and Beans
Pear

2

*Turkey Ham and
Cheese on Hawaiian
Roll
with Cheese stick
(MMA/WG) and
Corn, Apple

5

*Seasoned
Fajita Chicken
with Tortilla
chips (MMA/WG)
and Beans
Tangerine

6

*Chicken Nugget
dippers (MMA/WG)
with Corn
Apple

7

*Italian Chicken
salad with croutons
(MMA/WG) or
*WOWbutter (V)
sandwich (+)
(MMA/WG) with
Broccoli, Banana

8

*Turkey Wedge
Sandwich
(MMA/WG)
with Celery Sticks
Pear

9

*Cheese
Pizza Pack (V)
(MMA/WG)
Apple

12

*Turkey and
Cheese Wrap
(MMA/WG)
with Corn
Tangerine

13

*Walking Taco
with Beef
(MMA/WG)
and Beans
Apple

14

*Chicken Caesar
salad with croutons
(MMA/WG) or
*Yogurt
Parfait (V)(MMA/WG)
with Broccoli
Banana

15

*Chicken and
Mozzarella
Sandwich
(MMA/WG)
with Celery sticks
Pear

16

*Cocoa-Chickpea
Dip (V) with
Graham Crackers,
(MMA/WG)
Cheese stick and
Baby carrots
Apple

National School Lunch Week

19

*Turkey Ham and
Cheese on
Hawaiian Roll with
Cheese stick
(MMA/WG) with
Celery sticks
Tangerine

20

*Chicken Salad
with Tortilla chips
(MMA/WG) and Baby
carrots
Apple

21

*Italian Chicken Salad
with Tortilla Chips
(MMA/WG) or
*WOWbutter
Sandwich (MMA/WG)
Broccoli, Banana

22

*Chicken
Ranch Sandwich
(MMA/WG)
with Corn
Pear

23

*Cheesy
Nachos (V)
(MMA/WG)
with Beans
Apple

26

*Turkey Wedge
Sandwich
(MMA/WG)
with
Baby carrots
Tangerine

27

*Chicken Nugget
dippers (MMA/WG)
with Ketchup and
Corn
Apple

28

*Greek Chicken
salad with Garbanzo
beans (MMA/WG) or
*Hummus, Chips,
Cheese sticks (V)
(MMA/WG) with
Broccoli, Banana

29

*Honey Mustard
Chicken Sandwich
(MMA/WG) with
Celery Sticks
Pear

30

*Cheese
Pizza Pack (V)
(MMA/WG)
Apple