



**Lunch of The Day always includes:**

**\$3.50**

**Entree**

**Sides ~ Choice of Milk  
Fresh Fruit or Fruit Juice**

**The Boar's Head® Deli Bar**  
**Deli Bar Student Lunch**  
*\$3.75 complete lunch w/ Sides & Choice of Milk*



Alternative Entrees

**NEW!!**  
Pepper Jack Quesadilla w/Chips & Salsa



Whole Grain Peanut Butter & Jelly on Whole Wheat



**Tuna Hero**  
Choose Your Toppings!



**GF SALAD BARS are HERE!!**

Take the Salad Bar Lunch or Grab some fresh veggies with your lunch!! (choice of dressings)

**Vinaigrette - Ranch Caesar**

**New**

INDIVIDUAL SABRA HUMMUS BOWL w/PRETZEL CHIPS Plain or Red Pepper \$2.50-A la Carte \$3.75-Full Lunch w/Sides/Milk-Juice



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>3</b> Whole Wheat Penne Meatball Pomodoro  (chunky fresh tomato sauce with basil)  Caesar Salad Fresh Fruit in Season</p>	<p><b>4</b> <b>Burger Bar</b> Plain or Cheese Top w/Applegate Bacon Baked Shoestring "Fries"  Chilled Sliced Pears <b>GF</b> when taken without bun</p>	<p><b>5</b> <b>Burrito Bar</b> Seasoned Chicken w/Rice and Black Beans All the Toppings Chips/Salsa  <b>GF</b> Fresh Melon when taken without tortilla</p>	<p><b>6</b> <b>BRUNCH FOR LUNCH</b> Homemade Challah French Toast w/Orange Rounds Applegate Pork* Sausage  Cinnamon Applesauce  <small>*all natural, nitrate-free pork product</small></p>	<p><b>7</b> <b>Twin Tacos</b> Seasoned Beef in Corn Tortilla <b>Toppings</b> Lettuce, Tomato Salsa, Cheese &amp; Sour Cream  <b>GF</b> Fresh Pear when taken without Shell</p>
<p><b>10</b>  <b>HOLIDAY NO SCHOOL</b></p>	<p><b>11</b> <b>Chicken BLT</b> White Meat Breaded Patty Applegate Bacon, Lettuce &amp; Tomato on Deli Roll  Baked Shoestring "Fries" October Apples</p>	<p><b>12</b>  Homemade Baked Macaroni &amp; Cheese  Caesar Salad  Raisin Box</p>	<p><b>13</b>  Pizza Bagel Plain or w/Meatballs  Sautéed Zucchini w/Garlic Fresh Fruit in Season</p>	<p><b>14</b>  Oven-Baked Breaded Chicken  Baked Potato Puffs Tossed Mixed Greens  Sliced Oranges</p>
<p><b>17</b> Applegate Hot Dogs on Whole Wheat Bun w/Sauerkraut  Sweet Corn Apple-Cherry Crisp  <b>GF</b> when taken without bun</p>	<p><b>18</b> Chicken Souvlaki w/Pita  Greek Salad Tzatziki Sauce  Fresh Fruit  <b>GF</b> when taken without pita</p>	<p><b>19</b> <b>Burger Bar</b> Plain or Cheese Top w/Applegate Bacon  Baked Sweet Potato "Fries" Chilled Sliced Pears  <b>GF</b> when taken without bun</p>	<p><b>20</b> <b>BRUNCH FOR LUNCH</b> Homemade Challah French Toast w/Orange Rounds Applegate Chicken Sausage  Cinnamon Applesauce</p>	<p><b>21</b> Grilled Cheese with Ham or Plain Grilled Cheese Caesar Salad  Fresh Fruit in Season</p>
<p><b>24</b>  Thin Crust Pizza Buffalo Chicken or Plain  Baby Carrots Fresh Fruit in Season</p>	<p><b>25</b> White Meat Chicken "Chunks"  Baked Shoestring "Fries" Sweet Corn  Fresh Fruit in Season</p>	<p><b>26</b> Rotini w/Meatballs  Freshly Toasted Garlic Bread  Caesar Salad Orange Wedges</p>	<p><b>27</b> <b>Twin Tacos</b> Seasoned Beef in Corn Tortilla <b>Toppings</b> Lettuce, Tomato Salsa, Cheese &amp; Sour Cream <b>GF</b> when taken without shell Fresh Fruit</p>	<p><b>28</b> Chicken Parmigiana (Hero or Plate)  Penne with Oil, Garlic &amp; Basil Caesar Salad  Fresh Fruit</p>
<p><b>31</b> White Meat Breaded Chicken Tenders  Sweet Potato "Fries" Tossed Mixed Greens  Sliced Oranges</p>	<p>While The Food Service Department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.</p>			

A la Carte Beverages  
(priced accordingly)  
Izze Sparkling Juice \$1.75 Poland Spring Water Lg \$ 1.25 /Sm \$.75  
Honest Kid's® Organic Juice Pouches \$1.00 Apple & Eve Apple Juice \$1.25

**ADULT LUNCH**  
Daily Lunch \$4.00+tax Deli Bar \$4.50+tax

**ALL DRESSINGS ARE GLUTEN-FREE!!**

**GF GLUTEN-FREE INGREDIENTS**

