



October 2024 Elementary Lunch Menus

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|--|---|--|--|--|---|--|---|--|
| 2024-25 Lunch Prices: Students: FREE for ALL Adults: \$4.50 Milk (alone): \$0.50 OFFERED DAILY: Low-fat or fat-free milk fresh fruit Sunbutter and Jelly Sandwich <i>HS Build Your Own (BYO) Bar changes weekly.</i> | | October 1 <i>Choice of:</i> Sesame noodles w/ edamame 🌱 Chicken & Veggie dumplings 🍲 Fresh Broccoli w/dip Chili Roasted Sweet Potatoes 🌱 | | October 2 <i>Choice of:</i> Chicken Filet Sandwich w/sauce Veggie Nuggets and Roll 🌱 Oven Potatoes Sassy Slaw | | October 3 <i>Choice of:</i> Curry Beans & Vegetables w/Rice 🌱 Tuscan Chicken w/ Rice 🍲 Zesty sweet potato fries Three Bean Salad | | October 4 <i>Choice of:</i> Classic Cheese Pizza 🌱 BBQ Chicken Pizza Tossed Chef Side Salad Tomato Cucumber Cup | |
| October 7 <i>Choice of:</i> Chicken Filet Sandwich w/ sauce Toasted Cheddar Cheese Sandwich 🌱 Tomato Soup Corn Salad | | October 8 <i>Choice of:</i> Garden Nachos 🌱 Chicken Nachos Tomatoes, Lettuce, Tomato Salsa Guacamole | | October 9 <i>Choice of:</i> Deluxe Burger Veggie Burger 🌱 Fresh Broccoli w/dip Oven Sweet Potatoes | | October 10 <i>Choice of:</i> Local Eastern NC Pork BBQ w/Roll 🌱 Southwest Pasta Salad 🌱 Baked Beans Collard Greens 🌱 | | October 11 <i>Choice of:</i> Classic Cheese Pizza 🌱 Loaded Up Pizza Caesar Side Salad Baby Carrots Fresh Fruit | |
| October 14 <i>Choice of:</i> Vegetable Soft Corn Tacos 🌱 Chicken Filet Sandwich w/sauce Cucumber Slices Oven Potatoes 🌱 | | October 15 <i>Choice of:</i> Double Cheese Quesadilla 🌱 Chicken & Cheese Quesadilla Sassy Tomato Salsa Mexicali Corn | | October 16 <i>Choice of:</i> Chicken Chunks & Soft Roll 🍲 Veggie Nuggets & Soft Roll 🌱 Zesty Sweet Potato Fries Three Bean Salad | | October 17 <i>Choice of:</i> Asian-Style Beef & Rice Bowl 🍲 Sesame Noodles Fresh Broccoli w/dip Chili Roasted Sweet Potatoes 🌱 | | October 18 <i>Choice of:</i> Veggie Lovers Pizza Classic Cheese Pizza 🌱 Tossed Chef Side Salad Fresh Veggies w/Dip | |
| Celebrate National School Lunch Week! October 14th - 18th | | | | | | | | | |
| October 21 <i>Choice of:</i> Vegetable Fried Rice 🌱 Chicken & Vegetable Dumplings 🍲 Fresh Broccoli w/dip Asian Veggie Blend | | October 22 <i>Choice of:</i> Bean & Cheese Taquitos 🌱 Meatball Sub Cherry Tomatoes 🌱 Fiesta Black Beans | | October 23 <i>Choice of:</i> Chicken Filet Sandwich w/ sauce Tofu Bahn Mi Sandwich 🌱 Baby Carrots w/dip Summer Corn Salad | | October 24 <i>Choice of:</i> Chana Masala w/Rice 🌱 Chicken Teriyaki w/Rice 🍲 Cucumber Salad 🌱 Mixed Vegetables | | October 25 <i>Choice of:</i> Classic Cheese Pizza 🌱 BBQ Chicken Pizza Caesar Side Salad Baby Carrots | |
| October 28 <i>Choice of:</i> Nachos your way: Beef or Bean nachos 🌱 Tomatoes, Lettuce, Salsa Fiesta Black Beans | | October 29 <i>Choice of:</i> Jerk Chicken and Rice 🍲 Caribbean Black Beans and Rice 🌱 Stewed Collard Greens 🌱 NC Sweet Potatoes 🌱 | | October 30 <i>Choice of:</i> Deluxe Beef Burger Super Veggie Burger 🌱 Everyone Loves Oven Potatoes Broccoli Salad | | October 31 <i>Choice of:</i> Italian Sausage Pasta & Garlic Bread 🌱 Veggie Nuggets & Garlic Bread 🌱 Sliced Cucumbers Mixed Vegetables | | <div style="border: 2px solid #008080; border-radius: 25px; padding: 10px; background-color: #e0f2f1;"> <p>GOOD FOOD Guide</p> <p> locally sourced</p> <p> vegetarian</p> <p> dairy free entrée</p> </div> | |