



# October Intermediate Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday



USDA Lunch requires students to take 3 of 5 food items, one being a fruit or vegetable. Every lunch includes choice of 1% white or non-fat chocolate milk.

School lunch is free this school year!

A la carte milk = 50 cents

Current Menu Options are Pork Free

Menu subject to change without notice

Seasonal Fresh Fruit When Available

Visit us on the web at:

[ESDchildnutrition.com](http://ESDchildnutrition.com)

\*\*This institution is an equal opportunity provider.\*\*

**1**  
Cheese Bites w/ Marinara Sauce  
Chicken Corn Dog  
Beef Cheeseburger Sliders  
*Baked Sweet Beans, Fruit Variety*

**4**  
Cool Ranch Beef Taco Salad w/ Chips  
Deep Dish Beef Pepperoni Pizza  
Macaroni & Cheese w/ Dinner Roll  
*Baby Carrots, Fruit Variety*

**5**  
Chicken Strips  
Turkey Taco Nada  
Peaches & Yogurt Parfait Cup w/ Granola  
*Side Salad, Fruit Variety*

**6**  
Grilled Cheese Sandwich w/ Baked BBQ Chips  
Chicken Corn Dog  
Stuffed Mozzarella Sticks w/ Marinara Sauce  
*Corn, Fruit Variety*

**7**  
Chicken Caesar Salad  
Chicken Nuggets  
Cheese Quesadilla w/ Salsa  
*Chocolate Chip Cookie  
Baby Carrots, Fruit Variety*

**8**  
Beef Cheeseburger Sliders  
Bean & Cheese Burrito  
Cheese Pizza  
*Baby Carrots, Fruit Variety*

**Celebrate National School Lunch Week with us! Special Treats with lunch on Wednesday 10/13 and Friday 10/15!**

**NATIONAL SCHOOL LUNCH WEEK!  
OCT 11 - OCT 15**  
National School Lunch Week celebrates the National School Lunch Program, which serves healthy meals to over 30 million students every school day!

Orange Chicken Bowl  
Chicken Strips  
Cheese Quesadilla w/ Salsa  
*Broccoli, Fruit Variety*

Macaroni & Cheese w/ Dinner Roll  
Turkey & Cheese Sub  
Deep Dish Beef Pepperoni Pizza  
*Strawberry Milk Available Today!  
Side Salad, Fruit Variety*

Chicken Nuggets w/ Seasoned Potato Wedges  
Bean & Cheese Burrito  
Peaches & Yogurt Parfait Cup w/ Granola  
*Corn, Fruit Variety*

Cheese Bites w/ Marinara Sauce  
Beef Cheeseburger Sliders  
Chicken Corn Dog  
*Raspberry Lemon Ice Cup!  
Baked Sweet Beans, Fruit Variety*

**18**  
Cool Ranch Beef Taco Salad w/ Chips  
Deep Dish Beef Pepperoni Pizza  
Macaroni & Cheese w/ Dinner Roll  
*Baby Carrots, Fruit Variety*

**19**  
Peaches & Yogurt Parfait Cup w/ Granola  
Turkey Taco Nada  
Chicken Strips  
*Side Salad, Fruit Variety*

**20**  
Stuffed Mozzarella Sticks w/ Marinara Sauce  
Chicken Corn Dog  
Grilled Cheese Sandwich  
*Baked BBQ Chips  
Corn, Fruit Variety*

**21**  
Chicken Caesar Salad  
Chicken Nuggets  
Cheese Quesadilla w/ Salsa  
*Chocolate Chip Cookie  
Green Beans, Fruit Variety*

**22**  
Bean & Cheese Burrito  
Beef Cheeseburger Sliders  
Cheese Pizza  
*Corn, Fruit Variety*

**25**  
Spicy Chicken Patty Sandwich  
Cheese Pizza  
Cool Ranch Beef Taco Salad w/ Chips  
*Cool Cucumbers, Fruit Variety*

**26**  
Orange Chicken Bowl  
Chicken Strips  
Cheese Quesadilla w/ Salsa  
*Broccoli, Fruit Variety*

**27**  
Turkey & Cheese Sub  
Deep Dish Beef Pepperoni Pizza  
Macaroni & Cheese w/ Dinner Roll  
*Goldfish Pretzels  
Side Salad, Fruit Variety*

**28**  
Chicken Nuggets w/ Seasoned Potato Wedges  
Bean & Cheese Burrito  
Peaches & Yogurt Parfait Cup w/ Granola  
*Corn, Fruit Variety*

**29**  
Cheese Bites w/ Marinara Sauce  
Chicken Corn Dog  
Beef Cheeseburger Sliders  
*EEK! Halloween Ice Cup! Orange & Cream Flavor! 100% Fruit!  
Baked Sweet Beans, Fruit Variety*