unity meals
LN 9-12

OCTOBER
LUNCH

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

MONDAY	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) with Dinner roll and 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 National School Lunch Week	13 *Chicken Teriyaki Bowl or *Tofu Teriyaki Bowl (VG) with Broccoli or *Chef Salad	14 *Crispy Chicken Sandwich or *Grilled Cheese Sandwich (V) with Potato Wedges	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
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 *Hot Dog on Whole grain Bun or *Bean and Cheese Burrito (V) with Baby carrots	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 *Cheesy Enchiladas (V) with Cucumbers	SPECIAL OFFER 29 *Spooky Bat (Chicken) Wings with chips or *Vegan Nuggets with Potato Wedges or *Greek Chicken Salad	30 *Pizza (Cheese (V) or Pepperoni) or *Cheesy Pull-aparts (V) with Baby carrots