

October 2024

School Lunch Menu PK-HS (No Pork)

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	1	2	3	4	
	Arroz con Pollo Tomato & Corn Salsa Pinto Beans Fruit V: Beans & Rice	100% Beef Hotdogs on Whole Grain Bun BBQ Baked Beans House Salad Fruit V: Vegetarian Hotdog	Brunch for Lunch Breakfast Sausage Potato Hashbrowns Whole Grain Toast Fruit V: Scrambled Eggs	South West Chicken Pasta Veggies & Dip Fruit V: SW Veggie Pasta Salad	Please note that our menu now includes pork. Please let your school know if your student does not eat pork, and we will provide a pork-free substitution
7	8	9	10	11	
Chicken Teriyaki Rice Steamed Green Beans & Carrots Fruit V: Tofu Teriyaki Rice Bowl	Turkey Sloppy Joes on Whole Grain Bun Cole Slaw Mashed Potatoes Fruit V: Sloppy Joe Style Lentils	Jambalaya with Chicken, Sausage & Veggies, Brown Rice Fruit V: Kidney Bean Jambalaya	Homemade Cheese Pizza House Salad Fruit V: Cheese Pizza	Chicken Tacos on Whole Grain Tortillas Black Beans Tomato & Corn Salsa Fruit V: Tofu Tacos	Please see the vegetarian menu and allergen menu for other options.
14	15	16	17	18	
Chicken Teriyaki Coleslaw Steamed Broccoli & Rice Fruit V: Tofu Tacos	Cheese Quesadillas & Salsa Pinto Beans Veggies & Dip Fruit	100% Chicken Corndogs Corn Sweet Potato Mash Fruit V: Vegetarian Hotdog	Beef & Cheese Macaroni Steamed Green Beans Coleslaw Fruit V: Macaroni & Cheese	Chicken Patties on Whole Grain Buns House Salad French Fries Fruit V: Veggie Burger	Cafe Racer LLC caferacermn.com caferacervending@gmail.com
21	22	23	24	25	
Criolla Ground Turkey (w/Tomatoes & Onions) Whole Grain Roll Mashed Potatoes Fruit V: Criolla Pinto Beans	Beef & Cheese Pasta Bake with Vegetable Sauce Steamed Broccoli Fruit V: Cheese Pasta Bake	Adobo Chicken (Wings & Drumsticks K-HS) Black Beans & Rice Steamed Green Beans & Carrots Fruit V: Adobo Tofu	Shepards Pie w/ Ground Turkey: Peas, Carrots, Onions & Mashed Potatoes Whole Grain Roll Fruit V: Impossible Beef Shepards Pie	Breaded Chicken Nuggets Whole Grain Rolls BBQ Baked Beans Cole Slaw Fruit V: Veggie Nuggets	Menu is subject to occasional change based on item availability. Menu changes will be communicated in advance.
28	29	30	31	1	
Chicken Pita Sandwich on Whole Grain Bread, Herb Aioli Roasted Potatoes House Salad Fruit V: Grilled Cheese Sandwich	Beef & Bean Chili with Cheese Whole Grain Bread Fruit V: Black Bean Chili w/ Cheese	Chicken & Cheese Nachos Whole Grain Tortilla Chips Black Beans Tomato & Corn Salsa Fruit V: Black Bean & Cheese Nachos	Spaghetti with Beef, Vegetable Sauce & Cheese Steamed Green Beans & Broccoli Fruit V: Spaghetti with Vegetable Sauce and Cheese	Chicken, & Veggie Fried Rice Coleslaw Fruit V: Veggie Fried Rice	