

unity meals

OCTOBER LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

3

Cheese + Bean
Pupusa or
Quesadilla (V)
Beans

4

Crispy Chicken
Sandwich or Bean +
Cheese Burrito (V)
or Asian Chicken
Salad
Potato Wedges

5

Pasta + Meatballs
or Pasta +
Marinara Sauce
(V)
Mixed Vegetables

6

Chicken Chow Mein
or Edamame Chow
Mein (V) or Chicken
Caesar Salad
Broccoli

7

Pizza (Cheese
(V) or Pepperoni)
or Beef + Cheese
Taco
Carrot Sticks

**National School
Lunch Week**

10

Chicken Tamale
or Grilled
Cheese
Sandwich (V)
Potato Wedges

11

Chicken Nuggets +
Brown rice
or BRC
Burrito (V) or Italian
Chicken Salad
Beans

12

Housemade Chicken
+ Pasta Alfredo or
Pasta Alfredo +
cheese in garlic
sauce (V)
Mixed Vegetables

13

Housemade Yakitori
Chicken Bowl or
Tofu Bowl (V) or
Chef Salad
Broccoli

14

Pizza (Cheese
(V) or Pepperoni)
or Cheesy
Breadsticks (V)
side salad

17

Crispy Chicken
Sandwich or
Cheese + Bean
Pupusa (V)
Potato Wedges

18

Bean + Beef
Burrito or
Quesadilla (V) or
Asian Chicken
Salad
Beans

19

Orange Chicken
Bowl or
Housemade Tofu
Stir-fry Bowl (V)
Broccoli

20

Chicken + Waffles
or Housemade Mac
+ Cheese (V) or
Chicken Caesar
Salad
side salad

21

Pizza (Cheese
(V) or Pepperoni)
or Grilled Cheese
sandwich (V)
Carrot Sticks

24

Hamburger or
Grilled Cheese
Sandwich (V)
Potato Wedges

25

Teriyaki Chicken
Bowl or Edamame
Teriyaki Bowl (V) or
Italian Chicken
Salad
Broccoli

26

Housemade Taco
Bowl or BRC
Taco Bowl (V)
Beans

27

Housemade Pasta +
Meatballs
or Pasta
Marinara (V) or
Chef Salad
Mixed Vegetables

28

Pizza (Cheese (V)
or Pepperoni)
or
Quesadilla (V)
side salad

31

Beef + Cheese
Taco Stick
or Quesadilla (V)
Corn
cookies



**Menu items subject to change based
on product availability**

All meals are served with fruit and choice of milk

This is a equal opportunity institution
V = vegetarian entree offered

