

Unatego MS/HS Lunch



October 2017

InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

02
 Chicken Patty on Whole Grain Bun
 Served W/ Lettuce and Tomato
 Seasoned Potato Wedges
 Green Beans

03
 Taco on Whole Grain Tortilla W/ Lettuce and Tomato
 Served W/ Salsa and Sour Cream
 Black Bean Salad

04
 Build Your Own Sub Bar W/ Sub Sauces
 Pasta Salad
 Roasted Carrots

05
 Ultimate Chicken Bowl (Chicken, Mashed Potatoes, Gravy and Cheese)
 Corn
 Whole Grain Roll

No School 06

No School 09

10
 French Toast Sticks
 Sausage Link
 County Hash browns

11
 Roasted Pork Dinner
 Mashed Potatoes and Gravy
 Green Beans, Biscuit, and Apple Crisp

12
 Toasted Turkey and Bacon on Ciabatta Roll
 Cole Slaw
 Carrot and Sweet Potato Chowder

13
 Assorted Pizza
 Romaine and Spinach Salad with Tomatoes and Cucumbers

National School Lunch Week!

16
 Chicken Nuggets
 Seasoned Rice
 Sweet Potato Tots
 Whole Grain Roll

17
 Nachos Bar
 Veggies and Peppers
 Refried Beans
 Corn

18
 Italian Pepperoni or Cheese Roll
 W/ Marinara Sauce
 Green Beans

19
 Chicken Alfredo
 Roasted Broccoli
 Garlic Bread Stick

Half Day 20
 Assorted Pizza
 Buttered Peas

Half Day 23
 Hot Dogs on Whole Grain Bun
 Baked Beans

24
 Shredded Chicken or Cheese Quesadilla
 Served W/ Sour Cream and Salsa
 Seasoned Corn & Rice

25
 Toasted Meatball & Mozzarella Cheese Sub
 Side of Pasta Noodles
 Green Beans

26
 Roasted Turkey & Gravy over Biscuit
 Mashed Potatoes
 Mixed Veggies and Carrots

27
 Assorted Pizza
 Roasted Broccoli
 Assorted Sandwiches

30
 Cheeseburger or Hamburger on Whole Grain Bun
 Lettuce and Tomato
 Seasoned Potato Wedges
 Baked Beans

31
 Shrimp Poppers
 Mac & Cheese
 Green Beans
 Biscuit

"USDA is an equal opportunity provider and employer"

Announcements

Available Daily:
 Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
 May Choose up to two (2)
Milk Choices:
 1% White, Skim Chocolate,
Daily Choices:
 Grab and Go Bar
 Sandwich Station
 Smoothies
 Fresh Salads
 Wrap of the Day

Menu subject to change without notice.

Meal Prices

Lunch

K-5 th	\$2.00
6 th -12 th	\$2.10
Reduced	\$.25

Remember you can make online payments through:
www.myschoolbucks.com
Set up and account today!