

# OCTOBER 2022

## Unatego MS-HS Lunch Menu

Breakfast and Lunch will be served at NO COST to students for the 22/23 school year!  
Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Parmesan <b>3</b> Or Chicken Patty on Roll Garlic Buttered Noodles Broccoli	<b>National Taco Day!</b> <b>4</b> Taco on Soft Shell w/Meat, Cheese, Salsa & Sour Cream Rice Corn	Hot Dog on Bun <b>5</b> Baked Beans	<b>**NY Thursday**</b> <b>6</b> Sloppy Joe on Bun NY Corn on the Cob NY Asian Cabbage Salad NY Apple NY Milk NY	<b>7</b> No School
No School <b>10</b> 	Walk Away Taco <b>11</b> W/ Meat & Cheese Refried Beans Carrots	Ultimate Chicken Bowl <b>12</b> WG Roll Corn	<b>**New Menu Item**</b> <b>13</b> Hot Honey Chicken Cheddar Croissants (Crispy chicken with hot honey sauce & cheese on a Croissant) Tator Tots, Coleslaw	<b>14</b> Pepperoni or Three Cheese Roll W/Dipping Sauce Romaine Salad w/tomatoes and cucumbers
<b>NATIONAL SCHOOL LUNCH WEEK! GET YOUR GROVE ON!</b>				
<b>National Pasta Day!</b> <b>17</b> Macaroni & Cheese Stewed Tomatoes WG Roll	Rodeo Burger <b>18</b> Or Cheeseburger on Roll Baked Beans	Hot Ham & Cheese <b>19</b> On Bagel Macaroni Salad Green Beans	<b>20</b> Corn Dog Tator Tots Corn	<b>21</b> French Bread Pizza Pizza Romaine Salad w/tomatoes and cucumbers
Italian Meatball Sub <b>24</b> Garlic Butter Noodles Green Beans	<b>**New Menu Item**</b> <b>25</b> Buffalo or Cheesy Chicken Nachos Salsa & Sour Cream Corn & Refried Beans	French Toast Sticks <b>26</b> Sausage Oven Roasted Broccoli	<b>**NY Thursday**</b> <b>27</b> Chicken Mac & Cheese NY Carrot Coins NY Apple NY Milk NY, Breadstick, Not NY	<b>28</b> Pepperoni or Three Cheese Roll W/Dipping Sauce
Grave Robbin' <b>31</b> Grilled Cheese Sandwich Or Terrorizing Tuna Melt Dracula's Soup Halloween Dessert				

**Available Daily:** Canned fruit, fresh fruit, fresh veggie, Hot veggie of the day. PB&J, Yogurt Plate, Sandwich of the Day and Specialty Salads, Yogurt Parfaits

**NY Milk Choices:** 1% White, 1% Chocolate