

OCTOBER

Lunch



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch 7-12

Monday	Tuesday	Wednesday	Thursday	Friday
	1 RIB-B-QUE SPICY CHICKEN FILLET Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Diced Peaches Grape Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Croutons ^	2 MEATLOAF PANINI ^ HOT DOG Hot Dog Bun ^ GRILLED CHEESE PANINI ^ Diced Peaches Apple Juice Chocolate Cookie ^ Salad Bar Selections	3 TACO MEAT Tortilla Rounds ^ CHICKEN NUGGETS PEPPERONI PIZZA WEDGE ^ Fresh Apple* Vanilla Cookie ^ Salad Bar Selections	4 BAGEL DOG ^ HAMBURGER Hamburger Bun ^ TURKEY HAM & CHEESE SANDWICH ^ Fresh Banana* Fruit Punch Juice Salad Bar Selections Black Beans Corn Pickle Chips
7 PANCAKES & SAUSAGE ^ Syrup CHEESE PIZZA WEDGE ^ Applesauce Cup Grape Juice Salad Bar Selections	8 SALISBURY STEAK W/ GRAVY CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Apple Juice Mixed Fruit Cup Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	9 PEPPERONI PIZZA WEDGE ^ HOT DOG Hot Dog Bun ^ GRILLED CHEESE SANDWICH ^ Diced Peaches Orange-Tangerine Juice Cheddar Sun Chips ^ Salad Bar Selections	10 MINI CORN DOGS CHICKEN NUGGETS CHEESE PIZZA WEDGE Fresh Apple* Snickerdoodle Cookie ^ Salad Bar Selections Black Beans	11 CHICKEN PARMESAN ^ HAMBURGER Hamburger Bun PIZZA DIPPERS Marinara Dipping Sauce Fresh Banana* Grape Juice Salad Bar Selections
14	15 BAGEL DOG ^ SPICY CHICKEN FILLET Hamburger Bun ^ PEPPERONI PIZZA WEDGE ^ Diced Peaches Fruit Punch Juice Salad Bar Selections Pickle Chips	16 CHICKEN TACO Tortilla Rounds ^ HOT DOG Hot Dog Bun ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Salad Bar Selections Black Beans	17 PENNE PASTA W/ MEAT SAUCE CHICKEN NUGGETS MAC & CHEESE ^ Fresh Apple* Multi Grain Sun Chips ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^	18 TERIYAKI CHICKEN PATTY HAMBURGER Hamburger Bun CHEESY PARM WRAP ^ Diced Peaches Orange-Tangerine Juice Salad Bar Selections
21 DELI SUB SANDWICH ^ CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Orange-Tangerine Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Croutons ^	22 TURKEY HAM & CHEESE PANINI ^ CRISPY CHICKEN PATTY ^ GRILLED CHEESE SANDWICH ^ Diced Peaches Grape Juice Salad Bar Selections Black Beans Corn	23 CHICKEN QUESO BURRITO ^ HOT DOG Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Banana* Fruit Punch Juice Cheddar Sun Chips ^ Salad Bar Selections	24 FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS Corn Muffin ^ TURKEY BOLOGNA SANDWICH ^ Fresh Apple* Salad Bar Selections Green Pepper Slices	25 BBQ CHICKEN HAMBURGER Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Diced Peaches Salad Bar Selections Craisins
28 POPCORN CHICKEN CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Fruit Punch Juice Vanilla Cookie ^ Salad Bar Selections	29 RANCH TURKEY BURGER Chipotle Ranch CRISPY CHICKEN FILLET Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Applesauce Cup Orange-Tangerine Juice Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^	30 MAC & CHEESE ^ HOT DOG Hot Dog Bun ^ PEPPERONI PIZZA WEDGE ^ Fresh Banana* Grape Juice Multi Grain Sun Chips ^ Salad Bar Selections	31 SLOPPY JOE Hamburger Bun ^ CHICKEN DIPPERS Salsa Cup MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick (IW)^ Fresh Apple* Salad Bar Selections Black Beans	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat



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