Mandalay **Lunch Menu** October 2023

Meal Price: Paid: \$3.25

Adult Lunch Meal: \$5.09+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White. Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit

Daily Vegetable Offerings: Baby Carrots & Celery Sticks

Available Daily:

- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread V
- Bagel Meal: Fresh NY-Style Bagel w/ 1 cheese stick and yogurt V
- Grilled Cheese Melt V
- Chicken Nuggets*

Please Note: (WG) denotes whole grain. (P) denotes item may contain pork, V denotes Vegetarian option, (*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- -Meat/Meat Alternate
- -Vegetable
- -Whole Grain Item
- -Fruit
- -Milk

Acai Bowls will be available every Wednesday

for \$6.00!

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WG Chicken Tenders* Chicken Meatball Parm

Sub of

Apple Slices Crinkle Fries Milk of the Day

WG Confetti Pancakes w/ Syrup & Chicken Sausage Egg & Cheese on WG

Biscuit of Orange Wedges **Cucumber Coins** Milk of the Day

National Taco Day

Soft or Crunchy Chicken Tacos w/ Lettuce. Sour Cream & Salsa Grilled Cheese Melt of Apple Slices 🤎 Black Beans

Milk of the Day

5

Soft WG Pretzel Rods w/ Cheese Sauce Chicken Cesar Salad* Grapes 9 Roasted Zucchini Milk of the Day

Cheese Pizza 🧳 Pepperoni (P) Pizza 🥑 Watermelon Cup Carrot Sticks Romaine Cup with Ranch Milk of the Day

No School **Summer Recess** 10

WG French Toast Sticks w/ Syrup & Chicken Sausage Egg & Cheese on WG

Biscuit of Cantaloupe Chunks **Cucumber Coins** Milk of the Day

11

WG Pizza Crunchers Grilled Cheese Melt of Apple Slices Carrot Sticks Roasted Squash Milk of the Day

12

Mac & Cheese* WG Fish Sticks* Grapes Chickpea Salad Milk of the Day

Cheese Pizza 🍼 Pepperoni (P) Pizza of Watermelon Cup 99 Carrot Sticks Romaine Cup with Ranch Milk of the Day

16

Hamburger or Cheeseburger on WG Bun Chicken Patty on WG Bun Apple Slices Crinkle Fries Milk of the Day

17

WG Mini Maple Waffles w/ Syrup & Chicken Sausage Egg & Cheese on WG Biscuit of Cantaloupe Chunks

Cucumber Coins

Milk of the Day

Soft WG Pretzel Rods w/ Cheese Sauce Grilled Cheese Melt Grapes • Sweet Potato Fries Milk of the Day

19

Taco Bar Thursday Chicken Cesar Salad* Pineapple Chunks Black Beans Milk of the Day

Cheese Pizza Pepperoni (P) Pizza of Watermelon Cup Carrot Sticks Romaine Cup with Ranch Milk of the Day

23

WG Chicken Tenders* Chicken Meatball Parm Sub of

Apple Slices Crinkle Fries Milk of the Day 24

WG Confetti Pancakes w/ Syrup & Chicken Sausage Egg & Cheese on WG Biscuit of

Orange Wedges **Cucumber Coins** Milk of the Day

25

WG Pizza Crunchers Grilled Cheese Melt of Apple Slices Carrot Sticks Steamed Green Beans Milk of the Day

26

Mac & Cheese* WG Fish Sticks* Grapes 💚 Chickpea Salad Milk of the Day

27

Cheese Pizza Pepperoni (P) Pizza of Watermelon Cup Carrot Sticks Romaine Cup with Ranch Milk of the Day

30

Hamburger or Cheeseburger on WG Bun Chicken Patty on WG Bun Apple Slices Crinkle Fries

Milk of the Day

31

Pancake Bites w/ Syrup & Chicken Sausage Egg & Cheese on WG Biscuit of Cantaloupe Chunks **Cucumber Coins** Milk of the Day

National Apple Month

*Taco Bar will include chicken taco meat with choice of soft tortilla shells or scoops, lettuce, sour cream & salsa

Indicates a fresh produce.

Denotes item prepared from scratch or speed scratch.