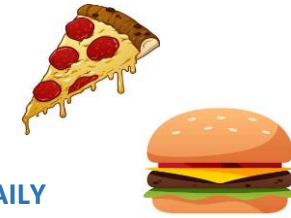




# LUNCH 2023 OCTOBER MENU

## BUENA VISTA CITY SCHOOLS



**MENU SUBJECT TO CHANGE**

**PB&J SANDWICHES W/ STRING CHEESE & GOLDFISH AND SALADS ARE OFFERED DAILY**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HAMBURGER STEAK &amp; GRAVY W/ ROLL MASHED POTATOES GREEN BEANS FRUIT CHOICE OF LOW FAT MILK</p>	<p>3</p> <p>CHICKEN QUESADILLA SALSA CUP CORN FRUIT CHOICE OF LOW FAT MILK</p>	<p>4</p> <p>CHEESE BITES W/ MARINARA SAUCE FRESH CARROT CUP FRESH VEGGIE CUP FRUIT CHOICE OF LOW FAT MILK</p>	<p>5</p> <p>RANCH CHICKEN WRAP POTATO WEDGES BROCCOLI &amp; CHEESE FRUIT CHOICE OF LOW FAT MILK</p>	<p>6</p> <p>POPCORN CHICKEN W/ ONION RINGS BAKED BEANS SWEET POTATOES FRUIT CHOICE OF LOW FAT MILK</p>
<p>9</p> <p>HOT HAM &amp; CHEESE GREEN BEANS POTATO WEDGES FRUIT CHOICE OF LOW FAT MILK</p>	<p>10</p> <p>PEPPERONI &amp; CHEESE POCKET TOSSED SALAD CARROT CUP FRUIT CHOICE OF LOW FAT MILK</p>	<p>11</p> <p>CORNDOG NUGGETS SWEET POTATOES BAKED BEANS 100% FRUIT JUICE CHOICE OF LOW FAT MILK</p>	<p>12</p> <p>SWEET &amp; SOUR CHICKEN AND RICE STEAMED BROCCOLI PEAS FRUIT CHOICE OF LOW FAT MILK</p>	<p>13</p> <p>BAKED ZITI W/ GARLIC BREAD TOSSED SALAD CORN FRUIT CHOICE OF LOW FAT MILK</p>
<p>16</p> <p>CHICKEN PHILLY SANDWICH FRIES GREEN BEANS FRUIT CHOICE OF LOW FAT MILK</p>	<p>17</p> <p>WALKING TACO MEXICALI CORN REFRIED BEANS FRUIT CHOICE OF LOW FAT MILK</p>	<p>18</p> <p>PIZZA TOSSED SALAD FRESH VEGGIE CUP FRUIT CHOICE OF LOW FAT MILK</p>	<p>19</p> <p>CHILI W/ CORNBREAD POPPERS BAKED POTATO BROCCOLI FRUIT CHOICE OF LOW FAT MILK</p>	<p>20</p> <p>BACON CHEESEBURGER ON BUN LETTUCE, TOMATO &amp; PICKLE CUP BAKED BEANS ONION RINGS FRUIT CHOICE OF LOW FAT MILK</p>
<p>23</p> <p><b>NO SCHOOL</b></p>	<p>24</p> <p>CHICKEN TENDERS W/ ROLL SWEET POTATOES BAKED BEANS FRUIT CHOICE OF LOW FAT MILK</p>	<p>25</p> <p>MEATBALL SUB TOSSED SALAD GREEN BEANS 100% FRUIT JUICE CHOICE OF LOW FAT MILK</p>	<p>26</p> <p>CHICKEN PARMESAN W/ BREADSTICK TOSSED SALAD CORN FRUIT CHOICE OF LOW FAT MILK</p>	<p>27</p> <p>GRILLED CHEESE SANDWICH TOMATO SOUP BROCCOLI FRUIT CHOICE OF LOW FAT MILK</p>
<p>30</p> <p>CHICKEN NUGGETS W/ ROLL PEAS BAKED BEANS FRUIT CHOICE OF LOW FAT MILK</p>	<p>31</p> <p>SHREDDED BBQ CHICKEN ON BUN COLESLAW FRIES FRUIT CHOICE OF LOW FAT MILK</p>	<p>1</p> <p>PIZZA TOSSED SALAD CARROT CUP FRUIT CHOICE OF LOW FAT MILK</p>	<p>2</p> <p>MAC &amp; CHEESE COOKIE BROCCOLI SWEET POTATOES FRUIT CHOICE OF LOW FAT MILK</p>	<p>3</p> <p>SALISBURY STEAK &amp; GRAVY W/ ROLL MASHED POTATOES GREEN BEANS FRUIT CHOICE OF LOW FAT MILK</p>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352