

# OCTOBER | 2022

## LIFE Center Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Fall Break



|   |   |  |  |  |
|---|---|--|--|--|
| <b>17</b> Teriyaki Dippers with<br>a Dinner Roll<br>Corn<br>Fresh Fruit<br>Choice of Milk | <b>18</b> Tacos<br>Refried Beans<br>Fresh Fruit<br>Choice of Milk                                     | <b>19</b> Mini Corn Dogs<br>Mini Peppers<br>Fresh Fruit<br>Choice of Milk                        | <b>20</b> Bosco Sticks with<br>Marinara Sauce<br>Broccoli<br>Fresh Fruit<br>Choice of Milk | <b>21</b> Pizza Slice<br>Cucumber<br>Fresh Fruit<br>Choice of Milk                             |
| <b>24</b> Hamburger<br>Tater Tots<br>Fresh Fruit<br>Choice of Milk                        | <b>25</b> Mac and Cheese<br>Chicken Tenders<br>Baked Beans<br>Fresh Fruit<br>Choice of Milk           | <b>26</b> Chicken and Waffles<br>Strawberry Topping<br>Broccoli<br>Fresh Fruit<br>Choice of Milk | <b>27</b> Grilled Cheese<br>Tomato Soup<br>Fresh Fruit<br>Choice of Milk                   | <b>28</b> Calzone<br>Green Beans<br>Fresh Fruit<br>Choice of Milk                              |
| <b>31</b> Breaded Chicken<br>Sandwich<br>Broccoli<br>Fresh Fruit<br>Choice of Milk        | <b>1</b> French Toast Sticks<br>Sausage Patty<br>Sweet Potato Wedges<br>Fresh Fruit<br>Choice of Milk | <b>2</b> Chicken Nuggets<br>French Fries<br>Fresh Fruit<br>Choice of Milk                        | <b>3</b> Popcorn Chicken w/<br>Biscuit<br>Baked Beans<br>Fresh Fruit<br>Choice of Milk     | <b>4</b> Pizza Cruncher with<br>Marinara Sauce<br>Cauliflower<br>Fresh Fruit<br>Choice of Milk |

### Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>V</sup>
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50