

P= item may include pork products
 V= item is vegetarian

OCTOBER | 2021



LIFE Center Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27 Turkey Deli Sandwich
 Baked Beans^P
 Diced Pears
 White Milk

28 French Toast Sticks w/
 Turkey Sausage
 Hash Brown Rounds
 Applesauce
 White Milk

29 Chicken Tenders
 Dinner Roll
 Sweet Potato Fries
 Craisins
 White Milk

30 Chicken Bites
 Macaroni and Cheese^V
 Broccoli
 Mixed Fruit
 White Milk

1 Mini Calzones
 Cauliflower
 Pineapple Tidbits
 White Milk

FALL BREAK

18 Chicken Tenders
 Dinner Roll
 Mini Peppers
 Diced Peaches
 White Milk

19 French Toast Sticks w/
 Turkey Sausage
 Hash Brown Stars
 Apple Slices
 White Milk

20 Personal Pizza
 Cauliflower
 Raisels
 White Milk

21 Popcorn Chicken
 Dinner Roll
 Baked Beans
 Mandarin Oranges
 White Milk

22 Rotini and Meat Sauce
 Dinner Roll
 Broccoli
 Baked Cinnamon Apples
 White Milk

25 Chicken Nuggets
 Dinner Roll
 Baked Beans
 Diced Pears
 White Milk

26 Hamburger
 French Fries
 Applesauce
 White Milk

27 French Bread Pizza
 Carrots
 Craisins
 White Milk

28 Chicken Bites
 Mac and Cheese
 Broccoli
 Mixed Fruit
 White Milk

29 Beef Teriyaki Dippers
 Dinner Roll
 Green Beans
 Pineapple Tidbits
 White 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 w/ Grain^V
- Grilled Cheese^V
- Chef Salad w/ grain

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

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.