

**APW Junior Senior High School
October Lunch Menu**

*APW school district participates in the Community Eligibility Provision for the 2022-2023 school year. All enrolled students in our school district, regardless of income level, are eligible to receive a healthy school breakfast and school lunch at **no charge** each day.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Macaroni & Cheese Garlic Stick Chilled Broccoli Fresh Fruit</p> <p>Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Chicken Salad Wrap Turkey/Ham Subs Gluten Free rolls available Chef Salad Chicken Poppers Yogurt Parfait GF Granola PB&J</p>	<p>4 Bacon Cheeseburger Sweet Potato FF Pickles Fresh Fruit Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Chicken Salad Wrap Turkey/Ham Subs Gluten Free rolls available Chef Salad Chicken Poppers Yogurt Parfait GF Granola PB&J</p>	<p>5 Homemade Pizza Cheese/Pepperoni Toss Salad Fresh Fruit</p> <p>Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Chicken Salad Wrap Turkey/Ham Subs Gluten Free rolls available Chef Salad Chicken Poppers Yogurt Parfait GF Granola PB&J</p>	<p>6 Taco Salad Bar Build your own Soft Taco, Nachos or Rice Bowl Turkey Taco Meat/Shredded Pork Black Eyed Peas, Corn, Black Beans, Salsa Fresh Fruit Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Chicken Salad Wrap Turkey/Ham Subs Gluten Free rolls available Chef Salad Chicken Poppers Yogurt Parfait GF Granola PB&J</p>	<p>7 Chicken Tenders Potato Salad Chilled Zucchini Fresh Fruit</p> <p>Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Chicken Salad Wrap Turkey/Ham Subs Gluten Free rolls available Chef Salad Chicken Poppers Yogurt Parfait GF Granola PB&J</p>
<p>10 Columbus Day Indigenous Peoples' Day NO SCHOOL</p>	<p>11 Philly Cheese Steak Sub Green Peppers & Onion Fresh Fruit Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Pizza Lunchables Turkey/Ham Subs Gluten Free rolls Chicken Tenders Julienne Salad Chef Salad</p>	<p>12 Homemade Pizza Cheese/Meat Lovers Toss Salad Fresh Fruit</p> <p>Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Pizza Lunchables Turkey/Ham Subs Gluten Free rolls Chicken Tenders Julienne Salad Chef Salad</p>	<p>13 Taco Salad Bar Build your own Soft Taco, Nachos or Rice Bowl Turkey Taco Meat/Shredded Pork Black Eyed Peas, Corn, Black Beans, Salsa Fresh Fruit</p> <p>Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u></p>	<p>14 Brunch for Lunch: French Toast Hash Browns Turkey Sausage Fresh Fruit</p> <p>Low Fat White Milk/Chocolate Milk</p> <p><u>Weekly Specials</u> Pizza Lunchables Turkey/Ham Subs Gluten Free rolls Chicken Tenders Julienne Salad Chef Salad</p>

	Yogurt Parfait GF Granola PB&J	Yogurt Parfait GF Granola	Pizza Lunchables Turkey/Ham Subs Gluten Free rolls Chicken Tenders Julienne Salad Chef Salad Yogurt Parfait GF Granola	Yogurt Parfait GF Granola
17 Pasta with Alfredo Sauce Chicken Smackers Steamed Broccoli Fresh Fruit Low Fat White Milk/Chocolate Milk	18 Meatball Sub Fingerling Potatoes Steamed Cauliflower Fresh Fruit Low Fat White Milk/Chocolate Milk	19 Homemade Pizza Cheese/Garlic & Tomato Toss Salad Fresh Fruit Low Fat White Milk/Chocolate Milk	20 Taco Salad Bar Build your own Soft Taco, Nachos or Rice Bowl Turkey Taco Meat/Shredded Pork Black Eyed Peas, Corn, Black Beans, Salsa Fresh Fruit Low Fat White Milk/Chocolate Milk	21 Chicken Patty on Bun Sweet Potato FF Celery Sticks Fresh Fruit Low Fat White Milk/Chocolate Milk
<u>Weekly Special</u> Tomato Soup Pretzel w/cheddar cheese Turkey/Ham Subs Gluten Free rolls Cobb Salad Chef Salad Yogurt Parfait GF Granola PB&J	<u>Weekly Special</u> Tomato Soup Pretzel w/cheddar cheese Turkey/Ham Subs Gluten Free rolls Cobb Salad Chef Salad Yogurt Parfait GF Granola PB&J	<u>Weekly Special</u> Tomato Soup Pretzel w/cheddar cheese Turkey/Ham Subs Gluten Free rolls Cobb Salad Chef Salad Yogurt Parfait GF Granola PB&J	<u>Weekly Special</u> Tomato Soup Pretzel w/cheddar cheese <u>Weekly Special</u> Tomato Soup Pretzel w/cheddar cheese Turkey/Ham Subs Gluten Free rolls Cobb Salad Chef Salad Yogurt Parfait GF Granola PB&J	<u>Weekly Special</u> Tomato Soup Pretzel w/cheddar cheese Turkey/Ham Subs Gluten Free rolls Cobb Salad Chef Salad Yogurt Parfait GF Granola PB&J
24 Pasta & Tomato Sauce Meatballs Chilled Cucumbers Fresh Fruit Low Fat White Milk/Chocolate Milk <u>Weekly Special</u> Chili Cheese Fries	25 Tangerine Chicken over Rice Steamed Broccoli & Carrots Fresh Fruit Low Fat White Milk/Chocolate Milk <u>Weekly Special</u> Chili Cheese Fries Pizza Crunchers Turkey/Ham Subs	26 Homemade Pizza Cheese/Specialty Toss Salad Fresh Fruit Low Fat White Milk/Chocolate Milk <u>Weekly Special</u> Chili Cheese Fries Pizza Crunchers Turkey/Ham Subs	27 Taco Salad Bar Build your own Soft Taco, Nachos or Rice Bowl Turkey Taco Meat/Shredded Pork Black Eyed Peas, Corn, Black Beans, Salsa Fresh Fruit Low Fat White Milk/Chocolate Milk	28 Brunch for Lunch: Breakfast Pizza Hash Browns Turkey Sausage Fresh Fruit Low Fat White Milk/Chocolate Mil <u>Weekly Special</u> Chili Cheese Fries Pizza Crunchers Turkey/Ham Subs

Pizza Crunchers Turkey/Ham Subs Gluten Free rolls Chef Salad Yogurt Parfait GF Granola PB&J	Gluten Free rolls Chef Salad Yogurt Parfait GF Granola PB&J	Gluten Free rolls Chef Salad Yogurt Parfait GF Granola PB&J	<u>Weekly Special</u> Chili Cheese Fries Pizza Crunchers Turkey/Ham Subs Gluten Free rolls Chef Salad Yogurt Parfait GF Granola PB&J	Gluten Free rolls Chef Salad Yogurt Parfait GF Granola PB&J
31 Macaroni & Cheese Green Beans Fresh Fruit Low Fat White Milk/Chocolate Milk <u>Weekly Specials</u> Chicken Caesar Wrap Turkey/Ham Subs Gluten Free rolls available Chef Salad Chicken Poppers Yogurt Parfait GF Granola PB&J				

Menu subject to change due to availability