

OCTOBER | 2021

Francis Reh Academy - Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 WG Pasta Chicken Alfredo Green Beans Diced Peaches Breadstick WG Choice of Milk
4 WG Tortilla Chips Beef Nachos Refried Beans Mixed Fruit Choice of Milk	5 BBQ Pork Rib w/WG Bun Spicy wedge Fries Diced Pears Choice of Milk	6 Chicken Chili WG Goldfish Crackers Green Beans Banana Choice of Milk	7 WG Mini Pepperoni Pizza Broccoli Diced Carrots Sliced Peaches Choice of Milk	8 WG Spaghetti w/Meat Sauce Breadstick Broccoli Mixed Fruit Choice of Milk HALF DAY
11 Meatball Subs w/WG Bun Mashed potato Sliced Apples Choice of Milk	12 WG Tortilla Chips Chicken Nachos Garden Salad Refried Beans Diced Peaches Choice of Milk	13 Chicken Stir Fry w/WG Rice Corn Applesauce Choice of Milk	14 WG Flatbread Pizza Romaine Lettuce Peas and Carrots Diced Pears Choice of Milk	15 Chicken Pretzel Slider w/WG Pretzel Bun Romaine Salad Mix Sliced Peaches Choice of Milk
18 Chicken Fajita w/WG Tortilla Refried Beans Diced Pears Choice of Milk	19 Sloppy Joe w/WG Bun Fruit Mix Green Peas Diced Peaches Choice of Milk	20 Ham and Cheese w/WG Croissant Romaine Salad Mix Fruit Cocktail Choice of Milk	21 WG Pizza Calzone Corn Mixed Fruit Choice of Milk	22 WG Cheese Bosco Sticks Marinara Sauce Sliced Carrots Sliced Apples Choice of Milk HALF DAY
25 WG Chicken Drumstick Spinach Applesauce Corn Bread Snack Choice of Milk	26 WG Tortilla Chips Taco Salad Refried Beans Sliced Apples Choice of Milk	27 Cheeseburger w/WG Bun Fries Fruit Cocktail Choice of Milk	28 WG Pasta Chicken Alfredo Baked Beans Diced Peaches Breadstick WG Choice of Milk	29 Ham and Cheese w/WG Croissant Romaine Salad Mix Fruit Cocktail Choice of Milk

News

*Menu is subject to change based upon item availability

Lunch Milk options include:
Milk options include:
1% Regular Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk
(Middle School Only)

USDA is an equal opportunity provider.