

October 2021  
Mid-Atlantic Regional Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Whole Grain Chicken Nuggets</b> Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
<b>4</b> <b>Beef Piccadillo</b> Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	<b>5</b> <b>Chicken Parmesan with Pasta</b> Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	<b>6</b> <b>Roasted Chicken with Gravy</b> Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Corn Bread Assorted Fruit Skim/1% Milk	<b>7</b> <b>Cheeseburger Mac &amp; Cheese</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>8</b> <b>Baked Pasta with Chicken &amp; Broccoli</b> with Whole Grain Pasta Seasoned Carrots (ALL: 1/2 cup) Skim/1% Milk
<b>11</b> <b>Mini Corn Dogs (6)</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>12</b> <b>Arroz Con Pollo</b> Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	<b>13</b> <b>Cheese Pizza</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>14</b> <b>Spaghetti with Meat Sauce</b> Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	<b>15</b> <b>Whole Grain Chicken Nuggets</b> Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
<b>18</b> <b>Beef Hot Dog on WG Bun</b> Black Bean & Corn Salad (1 cup) Assorted Fruit Skim/1% Milk	<b>19</b> <b>Chicken Parmesan with Pasta</b> Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	<b>20</b> <b>Roasted Chicken with Gravy</b> Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Corn Bread Assorted Fruit Skim/1% Milk	<b>21</b> <b>Cheeseburger Mac &amp; Cheese</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>22</b> <b>Baked Pasta with Chicken &amp; Broccoli</b> with Whole Grain Pasta Seasoned Carrots (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk
<b>25</b> <b>Jerk Chicken</b> Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	<b>26</b> <b>Mini Corn Dogs (6)</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>27</b> <b>Cheese Pizza</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>28</b> <b>Spaghetti with Meat Sauce</b> Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	<b>29</b> <b>Whole Grain Chicken Nuggets</b> Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change