

SODEXO FOOD SERVICES

**6 - 8
FALL 2022 LUNCH MENU**



2022-2023 MENU

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.**

Dates	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/08-08/12	5 EA Chicken Nuggets 1/2 Cup Brown Rice OR	2 OZ Beef Taco W/ Tortilla Wrap 1 OZ Shredded Cheese & Salsa OR	1 EA WG Breaded Fish Sandwich W/ WG Bun & Tartar Sauce OR	2 OZ Pulled Pork Carnitas W/ 1/2 Cup Brown Rice OR	1 EA WG Cheese Pizza OR
09/05-09/09	1 EA Ham & Cheese Sandwich	1 EA Turkey & Cheese Sandwich	1 Cup Beef Chilli Bowl W/ 1/2 Cup Brown Rice	1 EA Chicken Patty Sandwich W/ WG Bun	1 EA Tuna Salad on WG Bread
10/03-10/07	3/4 Cup Peas OR	3/4 Cup Black Beans OR	3/4 Cup Corn OR	3/4 Cup Carrots OR	3/4 Cup Green Beans OR
10/31-11/04	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Local Cucumber Salad	1 1/2 Cup Local Salad W/ Assorted Dressing
11/28-12/02	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Pears	1/2 Cup Diced Pears	1/2 Cup Fruit Mix
08/15-08/19	1 Cup Chicken Ala King 1/2 Cup Brown Rice OR	2 OZ Beef Taco Salad 10 PCS Tortilla Chips 2 OZ Cheese Sauce & 1 OZ Salsa OR	Chicken Tender Bowl 1/2 Cup Mashed Potato 2 OZ Gravy OR	4 PCS Bistek 1/2 Cup Brown Rice OR	1 EA WG Pepperoni Pizza OR
09/12-09/16	1 EA Hamburger W/ WG Bun	1 EA Ham & Cheese Sandwich	1 EA Meatball Sub on WG Hot Bun	Turkey & Cheese Sandwich	4 OZ Chicken Salad W/ 2 SL WG Bread
10/10-10/14	3/4 Cup Carrots OR	3/4 Cup Black Beans OR	3/4 Cup Broccoli OR	3/4 Cup Green Beans OR	3/4 Cup Corn OR
11/07-11/11	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Local Salad W/ Assorted Dressing	3/4 Cup Local Cucumber Salad	1 1/2 Local Salad W/ Assorted Dressing
12/05-12/09	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Pears	1/2 Cup Diced Pears	1/2 Cup Fruit Mix
08/22-08/26	1 EA Beef Hot Dog W/ Chilli Beans on a WG Bun OR	2 OZ Chicken Taco W/ Tortilla Wrap and Salsa 1 OZ Shredded Cheese OR	1 EA Cheeseburger W/ WG Bun OR	Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy 1/2 Cup Brown Rice OR	1 EA WG Cheese Pizza OR
09/19-09/23	1 Cup Ham Macaroni & Cheese	1 EA Ham, Turkey, and Cheese Sandwich	12 PCS General Tso's Chicken W/ 1/2 Cup Brown Rice	1 EA Corn Dog	1 EA Tuna Salad on WG Bread
10/17-10/21	3/4 Cup Potato Wedges OR	3/4 Cup Black Beans OR	3/4 Cup Corn OR	1 EA Corn Dog	3/4 Cup Carrots OR
11/14-11/18	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Green Beans OR	1 1/2 Cup Local Salad W/ Assorted Dressing
12/12-12/16	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Pears	3/4 Cup Local Cucumber Salad	1/2 Cup Fruit Mix
08/29-09/02	2 OZ Spaghetti Meat Sauce W/ 1/2 Cup Spaghetti Noodles OR	2 OZ Chicken Taco Meat W/ Salsa and 1/2 Cup Brown Rice 1 OZ Shredded Cheese OR	1 EA Breaded Chicken Patty W/ WG Bun OR	1 Cup Beef & Broccoli 1/2 Cup Brown Rice OR	1 EA WG Pepperoni Pizza OR
09/26-09/30	1 EA Pork Rib Patty W/ WG Bun	1 EA Salisbury Steak W/ 1/2 Cup Brown Rice & 2 OZ Gravy 3/4 Black Beans OR	1 EA Ham & Cheese Sandwich	1 EA Turkey & Cheese Sandwich	4 OZ Chicken Salad W/ 2 SL WG Bread
10/24-10/28	3/4 Cup Corn OR	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Chilli Beans OR	3/4 Cup Green Beans OR	3/4 Carrots OR
11/21-11/25	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Local Cucumber Salad	1 1/2 Cup Local Salad W/ Assorted Dressing
	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Pears	1/2 Cup Diced Pears	1/2 Cup Fruit Mix

07/20/22

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