

Monday Tuesday Wednesday Thursday Friday

Monday, September 29

Savory Hoisin
Glazed Chicken - 2 oz
Savory Hoisin Glazed Tofu
(not-so) Fried Rice - 8 fl oz
Green Beans - 4 fl oz
Red Pepper Strips - 2 fl oz
Orange Slices - 4 ea

Tuesday, September 30

Hot & Spicy
Chicken Tenders - 3 ea
GF/DF/EF Veggie Nuggets
WG Bread Slice - 1 ea
Steamed Carrots - 4 fl oz
Celery Sticks - 2 fl oz
Applesauce - 4 fl oz
Ketchup Packet

Wednesday, October 1

WG Elbow Noodles - 6 fl oz
Homemade Cheese Sauce - 4 fl oz
Broccoli - 4 fl oz
Baby Carrots - 2 fl oz
Pear Slices - 4 ea
Ranch Packet

Thursday, October 2

Green Pozole - 8 fl oz
w/ Chicken - 1 oz
Green Vegetarian Pozole
Tortilla Chips - 10 ea
Cabbage - 4 fl oz
Black Beans - 2 fl oz
Pineapple - 4 fl oz

Friday, October 3

Beef Burger w/
American Cheese - 1 ea
Veggie Burger
WG Hamburger Bun
Seasoned Potatoes - 4 fl oz
Pickle Chips - 2 fl oz
Fruit Salad CH - 4 fl oz
Ketchup & Mustard Packet

Monday, October 6

WG Chicken Patty - 1 ea
Bean & DF Cheese Tamale
WG Hamburger Bun
Sweet Corn - 4 fl oz
Lemony Chickpea Salad - 2 fl oz
Orange Slices - 4 ea
Ketchup Packet

Tuesday, October 7

WG Pasta - 6 fl oz
Marinara Sauce - 3 fl oz
Mozzarella Cheese - 1.5 oz
Garlic Green Beans - 4 fl oz
Cherry Tomatoes - 2 fl oz
Apple Slices - 4 ea

Wednesday, October 8

Zesty BBQ Breaded
Chicken Drumstick - 1 ea
Brown Rice - 6 fl oz
Peas - 4 fl oz
Seasoned Black Beans - 2 fl oz
Pear Slices - 4 ea

Thursday, October 9

Riso al Forno
Greek Tomato Lentils
w/ Brown Rice
Broccoli - 4 fl oz
Pineapple - 4 fl oz

Friday, October 10

Scrambled Eggs - 3 Tbsp
WG Pancake - 2 ea
Hashbrowns - 4 fl oz
Baby Carrots - 2 fl oz
Melon - 4 fl oz
Breakfast Syrup
Ranch Packet

Monday, October 13

Chicken Tinga - 2 oz
Veggie Taco Meat
WG Flour Tortilla - 1 ea
Roasted Corn - 4 fl oz
Red Pepper Strips - 2 fl oz
Orange Slices - 4 ea

Tuesday, October 14

Garlic & Herb
Cheese Pizza - 1 ea
Baby Carrots - 4 fl oz
Celery - 2 fl oz
Applesauce - 4 fl oz
Ranch Packet

Wednesday, October 15

WG Pasta - 6 fl oz
Tomato Cream Sauce - 3 fl oz
Mozzarella Cheese - 1.5 oz
Squash Medley - 4 fl oz
Italian Chickpea Salad - 2 fl oz
Apple Slices - 4 ea

Thursday, October 16

Turkey Chili - 4 fl oz
Three Bean Chili
Cornbread - 1 ea
Roasted Potatoes - 4 fl oz
Cucumbers Slices - 2 fl oz
Melon - 4 fl oz
Ranch Packet

Friday, October 17

WG Chicken Nuggets - 5 ea
GF/DF/EF Veggie Nuggets
WG Bread Slice - 1 ea
Broccoli - 4 fl oz
Red Bean Salad - 2 fl oz
Fruit Salad CP - 4 fl oz
Ketchup Packet

Monday, October 20

Beef Hot Dog
Veggie Dog
WG Hot Dog Bun
Sweet Corn - 4 fl oz
Baby Carrots - 2 fl oz
Applesauce - 4 fl oz
Ketchup & Mustard Packet

Tuesday, October 21

Sweet & Savory Teriyaki
Chicken Meatballs - 3 ea
Dahl Lentils
Brown Rice - 6 fl oz
Squash Medley - 4 fl oz
Black Beans - 2 fl oz
Apple Slices - 4 ea

Wednesday, October 22

WG Chili Mac - 8 fl oz
Sliced Carrots - 4 fl oz
Celery Sticks - 2 fl oz
Pear Slices - 4 ea
Ranch Packet

Thursday, October 23

Turkey Meatloaf - 2 oz
Veggie Meatloaf
WG Bread Slice - 1 ea
Green Beans - 4 fl oz
Cherry Tomatoes - 2 fl oz
Fruit Salad HP - 4 fl oz
Gravy - 1 fl oz

Friday, October 24

WG Chicken Patty
Veggie Burger
WG Hamburger Bun
Broccoli - 4 fl oz
Pickle Chips - 2 fl oz
Pineapple - 4 fl oz
Ketchup Packet

Monday, October 27

Savory Hoisin
Glazed Chicken - 2 oz
Savory Hoisin Glazed Tofu
(not-so) Fried Rice - 8 fl oz
Green Beans - 4 fl oz
Red Pepper Strips - 2 fl oz
Orange Slices - 4 ea

Tuesday, October 28

Hot & Spicy
Chicken Tenders - 3 ea
GF/DF/EF Veggie Nuggets
WG Bread Slice - 1 ea
Steamed Carrots - 4 fl oz
Celery Sticks - 2 fl oz
Applesauce - 4 fl oz
Ketchup Packet

Wednesday, October 29

WG Elbow Noodles - 6 fl oz
Homemade Cheese Sauce - 4 fl oz
Broccoli - 4 fl oz
Baby Carrots - 2 fl oz
Pear Slices - 4 ea
Ranch Packet

Thursday, October 30

Green Pozole - 8 fl oz
w/ Chicken - 1 oz
Green Vegetarian Pozole
Tortilla Chips - 10 ea
Cabbage - 4 fl oz
Black Beans - 2 fl oz
Pineapple - 4 fl oz

Friday, October 31

Beef Burger w/
American Cheese - 1 ea
Veggie Burger
WG Hamburger Bun
Seasoned Potatoes - 4 fl oz
Pickle Chips - 2 fl oz
Fruit Salad CH - 4 fl oz
Ketchup & Mustard Packet

WG = Whole Grain
Fruit Salad CP/HP/CH = Cantaloupe & Pineapple, Honeydew & Pineapple, Cantaloupe & Honeydew

K-8 Hot Lunch

October 2025

*Two types of milk offered with every meal
***This institution is an equal opportunity provider

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