

October

2022

Elementary Lunch Menu

National Taco Day – Oct. 4

National Apple Crunch Day – Oct. 11

National School Lunch Week – Oct. 10-14

Hispanic Heritage Month



Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Sandwich Baby Carrot Green Apples	4 Specialty Taco Corn Salad Pineapples	5 Buffalo Chicken Drumstick w/ Brown Rice Zucchini Applesauce Cup	6 Hamburger On Bun Lemon Chickpeas Honeydew Melon	7 Chicken and Waffles Broccoli Plum
10 NO SCHOOL (Columbus Day)	11 Bean and Cheese Tamale Cherry Tomatoes Pineapple Cup	12 Cheese Pizza Mixed Greens Whole Orange	13 Chicken Sandwich Black Bean Salad Apple Crunch	14 Turkey Hot Dog French Fries Banana
17 Cajun Drumstick w/ Cajun pasta Corn Applesauce	18 Chicken Fajitas Green Peppers and Onions Pineapple	19 Swedish Meatball w/ Egg Noodles Broccoli Melon	20 Grilled Cheese Sweet Potato Fries Pear	21 Turkey Sloppy Joe on Bun BBQ Bean Salad Orange
24 French Toast Sweet Potatoes Applesauce Cup	25 Totchos McCain tater tots Pineapple	26 Pita Dippers Snow Peas Whole Apples	27 Cheese Pizza Fresh Garden Salad Banana	28 Chicken Nuggets w/ Dinner Roll Lemon Chickpeas Grapes
31 BBQ Chicken Sandwich Baby Carrots Green Apples				Milk offered Daily

View and edit this document in Word on your computer, tablet, or phone. You can edit text; easily insert content such as pictures, shapes, and tables; and seamlessly save the document to the cloud from Word on your Windows, Mac, Android, or iOS device.



Open Kitchens

(D-2027) 1% Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, 1% APRIL	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8
	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(P-4098) Baby Carrots	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C
Carrots, Baby 1/2 Cup APRIL	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *
	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(FG-5469) BBQ Chicken Sandwich	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6 *	6 *
ZZCheese, White American, Sliced, LOL	110	110	9	9	440	440	2	2	5 *	5 *
Chicken, Pulled, BBQ, APRIL	110	110	0.3333	0.3333	736.6667	736.6667	18	18	10 *	10 *
	380	380	11.3334	11.3334	1426.6668	1426.6668	48	48	21 *	21 *

* Total includes one or more missing nutrient data.

(FG-5383) Broccoli, Fresh	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
Broccoli, Florets, Fresh	7.75	15.5	7.75	7.75	0.1	0.2	0.1	0.1	0 *	0 *	0 *	0 *	1.5	3	1.5	1.5	0 *	0 *	0 *	0 *
	7.75	15.5	7.75	7.75	0.1	0.2	0.1	0.1	0 *	0 *	0 *	0 *	1.5	3	1.5	1.5	0 *	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(FG-5493) Chicken and Waffle	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Waffle, WG, Bulk APRIL	89.6457	89.6457	2.9882	2.9882	134.4686	134.4686	13.9449	13.9449	1.9921	1.9921
Chicken Patty 110321	180	180	6	6	610	610	15	15	14	14
	269.6457	269.6457	8.9882	8.9882	744.4686	744.4686	28.9449	28.9449	15.9921	15.9921

* Total includes one or more missing nutrient data.



(M-1210) Chicken, Drumstick, Buffalo w Quinoa	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
ZZChicken Drumstick, 4oz Raw	8499.9992 *	170 *	500.0016 *	10 *	5250 *	105 *	0 *	0 *	1050 *	21 *
Sauce, Buffalo APRIL	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Red Quinoa/Brown Rice Blend	394.2182 *	7.8844 *	5.4783 *	0.1096 *	0 *	0 *	69.4815 *	1.3896 *	3.7757 *	0.0755 *
	8894.2174 *	177.8843 *	505.4799 *	10.1096 *	5250 *	105 *	69.4815 *	1.3896 *	1053.7757 *	21.0755 *

* Total includes one or more missing nutrient data.

(FG-5505) Corn Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Corn, Frozen APRIL	403.5937	10.0898	3.2388	0.081	20.6779	0.5169	97.1616	2.429	13.453	0.3363
Yogurt, Vanilla, Bulk, APRIL	435.8824	10.8971	0	0	268.2352	6.7059	93.8824	2.3471	16.7648	0.4191
Spice, Powder, Chili APRIL	9.4118	0.2353	0.4766	0.0119	95.6861	2.3922	1.6587	0.0415	0.4492	0.0112
Mayonnaise, bulk	3855.5354	96.3884	424.3924	10.6098	3600.3897	90.0097	3.2318	0.0808	5.4431	0.1361
Oil, Olive, Salad or Cooking	4773.6	119.34	540	13.5	10.8	0.27	0	0	0	0
Garlic, Fresh	84.4815	2.112	0.2835	0.0071	9.6388	0.241	18.7447	0.4686	3.6061	0.0902
	9562.5048	239.0626	968.3913	24.2098	4005.4277	100.1357	214.6793	5.367	39.7162	0.9929

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(P-4102) Fresh Green Apple	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each
Apple, Fresh Green APRIL	72	45.7043	72.4761	0.23	0.146	0.2316	0.9999	0.6347	1.0066	19.06	12.099	19.186	0.36	0.2285	0.3624
	72	45.7043	72.4761	0.23	0.146	0.2316	0.9999	0.6347	1.0066	19.06	12.099	19.186	0.36	0.2285	0.3624

* Total includes one or more missing nutrient data.

(P-4045) Fresh Plum	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each
Plum, Fresh	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155
	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155

* Total includes one or more missing nutrient data.

(FG-5479) Hamburger w/Bun	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6	6
Beef patty, Flame Grilled, APRIL	110	110	6	6	45	45	2	2	11	11
	270	270	8	8	295	295	30	30	17	17

* Total includes one or more missing nutrient data.



(P-4137) Honey Dew Melon	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Honey Dew Melon	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123
	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123

* Total includes one or more missing nutrient data.

(FG-5448) Lemon Chickpea Salad	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup
Juice, Lemon, Realemon	114.24	5.0215	2.5108	8.16	0.4704	0.0207	0.0103	0.0336	174.72	7.68	3.84	12.48	38.0352	1.6719	0.8359	2.7168	3.1584	0.1388	0.0694	0.2256
Garbanzos, Canned, LS APRIL	4334.6386	190.5336	95.2668	309.617	86.3809	3.797	1.8985	6.1701	7671.3747	337.2033	168.6016	547.9553	702.5857	30.8829	15.4414	50.1847	219.8504	9.6638	4.8319	15.7036
	4448.8785	195.5551	97.7775	317.777	86.8513	3.8176	1.9088	6.2037	7846.0947	344.8833	172.4416	560.4353	740.6209	32.5548	16.2774	52.9015	223.0088	9.8026	4.9013	15.9292

* Total includes one or more missing nutrient data.

(D-2026) Milk, 1%	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082
	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082

* Total includes one or more missing nutrient data.

(G-3053) PINEAPPLE FRUIT CUP	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup, Pineapple Tidbit NEEDS NEW SET UP	70	70	0	0	0	0	13	13	0	0
	70	70	0	0	0	0	13	13	0	0

* Total includes one or more missing nutrient data.

(G-3193) Ranch Dressing	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET
ZZDressing, Ranch, PC NEED NEW SET UP	15	11.25	0	0	125	93.75	2	1.5	0	0
	15	11.25	0	0	125	93.75	2	1.5	0	0

* Total includes one or more missing nutrient data.

(G-3398) Salsa Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cup, Salsa 1/4 Cup APRIL	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889
	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643
	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643

* Total includes one or more missing nutrient data.



(FG-5506) Specialty Taco	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortilla, Whole Wheat, 8inch, APRIL	120 *	120 *	2.5 *	2.5 *	340 *	340 *	20 *	20 *	4 *	4 *
Sauce, Chipotle Tabasco	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Beef Crumble, 30# Adv Pierre APRIL	109.4191 *	109.4191 *	6.963 *	6.963 *	119.3663 *	119.3663 *	0 *	0 *	9.9472 *	9.9472 *
	229.4192 *	229.4192 *	9.463 *	9.463 *	459.3663 *	459.3663 *	20 *	20 *	13.9472 *	13.9472 *

* Total includes one or more missing nutrient data.

(FG-5422) Steamed Zucchini	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup
Zucchini, Frozen APRIL	17	22.1693	11.0847	24.0971	0.13	0.1695	0.0848	0.1843	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746	1.16	1.5127	0.7564	1.6443
	17	22.1693	11.0847	24.0971	0.13	0.1695	0.0848	0.1843	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746	1.16	1.5127	0.7564	1.6443

* Total includes one or more missing nutrient data.

(G-3513) WG Tortilla	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tortilla, Whole Wheat, 8inch, APRIL	120	120	2.5	2.5	340	340	20	20	4	4
	120	120	2.5	2.5	340	340	20	20	4	4

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 10/3/2022, End = 10/7/2022)
Menu Plans	(SINGLE ENTRÉE HOT LUNCH W/ MILK 2022-2023)
Nutrients	(Calories, Total Carbohydrate, Total Fat, Protein, Sodium)