

October 2021
 MA Region Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
Beef Hot Dog Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	BBQ Chicken Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Turkey Cheese Roll Up Cucumbers (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Lemon Chicken with Carrots Seasoned Broccoli (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Chili Mac & Cheese Assorted Fruit Skim/1% Milk
Chicken Patty Sandwich Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Pizza Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Baked Turkey Cheese Ziti Lemony Broccoli (ALL:1/2 cup) Assorted Fruit Skim/1% Milk	Jerk Chicken Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Grilled Cheese Sandwich Steamed Corn (K-8: 1/2 cup; 9-12: 3/4 cup) Assorted Fruit Skim/1% Milk
Beef Hot Dog Tater Tots Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	BBQ Chicken Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Turkey Cheese Roll Up Cucumbers (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Lemon Chicken with Carrots Seasoned Broccoli (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Chili Mac & Cheese Assorted Fruit Skim/1% Milk
Chicken Patty Sandwich Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Pizza Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Baked Turkey Cheese Ziti Lemony Broccoli (ALL:1/2 cup) Assorted Fruit Skim/1% Milk	Jerk Chicken Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Grilled Cheese Sandwich Steamed Corn (K-8: 1/2 cup; 9-12: 3/4 cup) Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change