

2024

# OCTOBER

## Van Allen Elementary Lunch

### MONDAY

**Served Daily**  
Assorted Dressing  
1% White Milk  
FF Chocolate Milk

### TUESDAY

**1**  
Pepperoni Pizza Slice  
Chef Salad  
Green Beans  
Romaine  
Fresh Cauliflower  
Banana Peppers  
Apple & Sliced Peaches

### WEDNESDAY

**2**  
Chili  
Pepperoni Munchable  
Cinnamon Roll  
Romaine  
Grape Tomatoes & Baby Carrots  
Strawberries & banana

### THURSDAY

**3**  
Soft Shell Beef Taco  
Turkey Roll-Ups  
Refried Beans & salsa  
Chocolate Chip Cookie  
Romaine  
Red Onion & Jalapeno  
Cucumbers & Diced Tomatoes  
Pineapple & Cantaloupe

### FRIDAY

**4**  
Bosco Sticks & Marinara Sauce  
PBJ  
Goldfish Crackers  
Golden Sweet Corn  
Romaine  
Baby Carrots & Red Peppers  
Grapes & Applesauce

**7**

Hamburger with WG Bun  
Blueberry Parfait  
French Fries  
Romaine  
Fresh Cauliflower  
Sliced Tomato & Onions  
Sliced Dill Pickles  
Sliced Pears & Apple  
Ketchup & Mustard

**8**

Lasagna Roll Ups  
Chef Salad  
Romaine  
Cucumber Coins  
Baby Carrots  
Chilled Sliced Peaches  
Fresh Kiwi Halves

**9**

Chicken Patty on WG Bun  
Pepperoni Super Nachos  
Turkey Roll-Ups  
Salsa  
Romaine  
Baby Carrots  
Black Beans  
Diced Tomatoes  
Jalapenos & Red Onion

**10**

Super Nachos  
Turkey Roll-Ups  
Salsa  
Romaine  
Baby Carrots  
Black Beans  
Diced Tomatoes  
Jalapenos & Red Onion  
Strawberry Apple Crisps

**11**

Garlic Cheese Bread  
PBJ  
Goldfish Crackers  
Golden Sweet Corn  
Romaine  
Fresh Broccoli  
Grape Tomatoes  
Pineapple Tidbits  
Frozen Juice Cups

**14**

Rodeo Burger on WG Bun  
Strawberry Parfait  
Green Beans  
Romaine  
Grape Tomatoes  
Fresh Cauliflower  
Orange & Apple  
Cookies BBQ Sauce  
Ketchup

**15**

Corn Dog  
Chef Salad  
Cheesy California Veggies  
Romaine  
Baby Carrots  
Cucumber Coins  
Strawberries & Bananas  
Pineapple Tidbits  
Ketchup & Mustard

**16**

Crispitos  
Pepperoni Munchable  
Cheese Sauce  
Refried Beans  
Romaine  
Grape Tomatoes  
Fresh Cauliflower  
Strawberries  
Fresh Kiwi Halves

**17**

Chicken Drumstick  
Turkey Roll-Ups  
Mashed Potatoes  
Country Gravy  
Dinner Roll w/Butter  
Romaine  
Baby Carrots  
Honeydew & Blueberries  
Mayo Packet

**18**

Pizza Crunchers  
PBJ  
Goldfish Crackers  
Golden Sweet Corn  
Romaine  
Baby Carrots  
Cucumber Coins  
Clementine  
Grapes

**21**

Grilled Cheese  
Blueberry Parfait  
Tomato Soup  
Romaine  
Fresh Broccoli  
Cucumber Coins  
Chilled Sliced Peaches  
Apple

**22**

Chicken Nuggets  
Chef Salad  
Mashed Potatoes  
Country Gravy  
Romaine  
Sweet Red Peppers  
Baby Carrots  
Cinnamon Applesauce  
Orange

**23**

Beef Hot Dog on WG Bun  
Pepperoni Munchable  
Baked Beans  
Romaine  
Diced Tomatoes  
Red Onion  
Fresh Cauliflower  
Strawberries & Banana  
Ketchup & Relish

**24**

Scrambled Eggs  
French Toast Sticks with Syrup  
Turkey Roll-Ups  
Romaine  
Cucumber Coins  
Sweet Yellow Peppers  
Fresh Kiwi Halves  
Sunrise Fruit  
Ketchup & Mayo

**25**

**No School**

**28**

Walking Taco with Salsa  
Strawberry Parfait  
Refried Beans  
Romaine  
Diced Tomatoes  
Red Onion & Jalapenos  
Sweet Green Peppers  
Fresh Kiwi Halves  
Cinnamon Applesauce

**29**

Pepperoni Hot Pocket  
Chef Salad  
Crispy Potato Cubes  
Romaine  
Sweet Red Peppers  
Cucumber Coins  
Pineapple Tidbits  
Blueberries

**30**

Chicken Quesadilla  
Pepperoni Munchable  
Steamed Peas  
Romaine  
Baby Carrots  
Sweet Green Peppers  
ORANGES HALVES  
Banana

**31**

Orange Chicken  
Turkey Roll-Ups  
Seasoned Brown Rice  
Stir Fry Veggies  
Fortune Cookie  
Romaine  
Fresh Cauliflower  
Baby Carrots  
Mandarin Oranges & Grapes