

OCTOBER | 2022

Jefferson & Kennedy Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Chicken Tenders Potato Rounds Baked Beans Sliced Pears Variety of Milk</p> <p>Alt: Cheese Pizza</p>	<p>4</p> <p>Mini Corn Dogs Seasoned Pasta Steamed Broccoli Strawberries Variety of Milk</p> <p>Alt: Yogurt Plate</p>	<p>5</p> <p>Garlic Cheese Bread Green Beans Applesauce Variety of Milk</p> <p>Alt: Hot Dog on WG Bun</p>	<p>6</p> <p>Chicken Gravy w/ Mashed Potatoes Sliced Carrots Mixed Fruit WG Biscuit Variety of Milk</p> <p>Alt: Chicken Nuggets</p>	<p>7</p> <p>Big Daddy's Pizza Fresh Celery & Broccoli Mixed Berry Cup WG Rice Krispie Treat Variety of Milk</p> <p>Alt: Deli Sandwich on WG Bun</p>
<p>10</p> <p>Popcorn Chicken Baked Fries Steamed Corn Applesauce Variety of Milk</p> <p>Alt: Cheese Pizza</p>	<p>11</p> <p>Soft Shelled Tacos Shredded Romaine & Cheese Refried Beans Pineapple Tidbits Variety of Milk</p> <p>Alt: Yogurt Plate</p>	<p>12</p> <p>Bosco Cheese Filled Breadsticks Pizza Dipping Sauce Steamed Broccoli Diced Pears Variety of Milk</p> <p>Alt: Hot Dog on WG Bun</p>	<p>13</p> <p>Homemade Goulash Spinach/Romaine Salad Sliced Peaches WG Garlic Toast Variety of Milk</p> <p>Alt: Chicken Nuggets</p>	<p>14</p> <p>½ Day</p> <p>Sack Lunch Available</p>
<p>17</p> <p>Chicken Smackers Emoji Potatoes Asparagus Mixed Fruit Variety of Milk</p> <p>Alt: Cheese Pizza</p>	<p>18</p> <p>Chicken Quesadilla Fiesta Corn Diced Pears WG Breadstick Variety of Milk</p> <p>Alt: Yogurt Plate</p>	<p>19</p> <p>Sloppy Joe on WG Bun Pretzel Twists Baked Beans Fresh Apple Slices Variety of Milk</p> <p>Alt: Hot Dog on WG Bun</p>	<p>20</p> <p>Chicken N Noodles California Blend Vegetables Pineapple & Mandarin Oranges WG Biscuit Variety of Milk</p> <p>Alt: Chicken Nuggets</p>	<p>21</p> <p>Pepperoni & Cheese Calzone Fresh Broccoli & Carrots Sliced Peaches Pudding Variety of Milk</p> <p>Alt: Deli Sandwich on WG Bun</p>
<p>24</p> <p>Chicken Patty on WG Bun Goldfish Crackers Mixed Vegetables Strawberries Variety of Milk</p> <p>Alt: Cheese Pizza</p>	<p>25</p> <p>Nacho Supreme Shredded Romaine Refried Beans Banana Variety of Milk</p> <p>Alt: Yogurt Plate</p>	<p>26</p> <p>French Toast Sticks Sausage Patty 100% Fruit Juice Cinnamon Apple Slices Variety of Milk</p> <p>Alt: Hot Dog on WG Bun</p>	<p>27</p> <p>Homemade Macaroni & Cheese Steamed Peas Applesauce Warm Pretzel Stick Variety of Milk</p> <p>Alt: Chicken Nuggets</p>	<p>28</p> <p>Pizza Pocket Fresh Celery & Carrot Sticks Sliced Pears Halloween Cookie Variety of Milk</p> <p>Alt: Deli Sandwich on WG Bun</p>
<p>31</p> <p>Chicken Tenders Potato Rounds Steamed Corn Applesauce Variety of Milk</p> <p>Alt: Cheese Pizza</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

Paid Student - \$ 2.75
Red. Student - \$.40
Adult Price - \$ 5.11
Milk - \$.50

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact
Keri Carlson
231-398-3695
kcarlson@manistee.org

Condiments may include:
Low Fat/RC Ranch, RF French, Mustard, Ketchup, Relish, Tartar Sauce, or BBQ Sauce

Free and Reduced lunch applications may be filled out online at
www.lunchapp.com

This institution is an equal opportunity provider