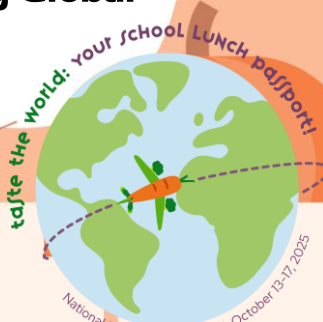


**October 13<sup>th</sup>-17<sup>th</sup> is  
National School Lunch Week  
Join us in Eating Global  
Flavors!**



# MENU

## BKW Secondary Lunch Menu

**Harvest of the  
Month  
NY Apples  
October 15<sup>th</sup>**



**OCTOBER**

			Popcorn Chicken & Mashed Potato Bowl Steamed Carrots Dinner Roll Assorted Fresh Vegetables	1	Macaroni & Cheese w/ Buffalo Chicken Breadstick & Broccoli Assorted Fresh Veggies	2	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Salad	3	
Bistro Cheeseburger NY Breaded Onion Rings Fresh Veggie w/ Dip Chocolate Chip Cookie	6	Soft Shell Tacos (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Seasoned Black Beans	7	Crispy Chicken Tenders with assorted dipping sauces Rotini Pesto Pasta Fresh Veggie w/ dip	8	Sampler Platter (chick wings & mozz sticks) Warm Garlic Knot Fresh Veggies with Hummus	9	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad (Emergency Early Release)	10
No School Columbus/ Indigenous Peoples Day	13	Chicken Tinga Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mango Peach Applesauce	14	Sweedish Meatballs WG Penne & Roll French Fries Baby Carrots Fresh NY Apple or Juice 	15	Gen Tso Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables	16	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Salad	17
Rotini with Meat Sauce Warm Breadstick Seasoned Green Beans Baby Carrots	20	Pulled Pork on a Kaiser Cheddar Sun Chips Creamy Coleslaw Baked Beans	21	Grilled Chicken Wrap (Plain or Buffalo) French Fries Grape Tomatoes	22	Cheesy Breadsticks Marinara Sauce French Fries Tomato & Cucumber Salad	23	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad	24
Chicken Parm Sandwich Seasoned Waffle Fries Roasted Broccoli	27	Buffalo Chicken Dip w/ tortilla chips Celery Sticks Baby Carrots	28	"The Bulldog" Hot Dog topped with Seasoned Taco Meat & Cheese French Fries Baked Beans	29	Penne Alfredo with Chicken Warm Breadstick Roasted Broccoli Grape Tomatoes	30	<b>Early Release Day. Bagged Lunch 11:30 Dismissal</b>	31

**View Menus Online**



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.  
Notice is posted when available.

**All lunch meals include a variety  
of fresh fruit, vegetables and  
low-fat white or flavored milk.**

