

OCTOBER 2023

General McLane High School

LUNCH



School Information: Type your school information here.



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

Chicken Fajitas
Seasoned Corn
Fruit

2

TUESDAY

Spaghetti With Meat
Sauce
Breadstick
Green Beans
Assorted Fruit

3

WEDNESDAY

Maple French Toast
W/ Sausage
Tater Tots
Fresh Fruit Salad

4

THURSDAY

Loaded Fries
Mixed Vegetables
Peaches

5

FRIDAY

Cheeseburger
Fries
Peaches

6

9

No School

Chicken Parmesan
Sandwich
Green Beans
Breadstick

10

Mac & Cheese
Cauliflower
Milk

11

Chicken Tenders
W/dipping sauce
Cooked Carrots
Fruit

12

Italian Dunkers
w/ Marinara Sauce
Seasoned Vegetables
Pineapple

13

16

Grilled Cheese
Tomato Soup
Tater Tots
Mandarin Oranges

Walking Taco
Corn
Sliced Apple

17

General Tso
Broccoli
Rice
Fruit

18

Chicken and Biscuits
Cooked Carrots
Pears

19

Pizza
Green Beans
Apple Sauce

20

23

Hot Dog
Baked Beans
Pineapple

Chicken Sandwich
Broccoli
Fries
Peaches

24

Ham & Cheese
Sandwich
Buttered Peas
Mandarin Oranges

25

Popcorn Chicken Bowl
Dinner Roll
Sidekicks Fruit Cup

26

Lasagna
Side Salad
Mixed Fruit

27

30

Goulash
Diced Carrots
Apple Sauce

Cheese Calzone
Cooked Cauliflower
Pears

31

