

# OCTOBER | 2022

## Lebanon City School Bowman Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Mac &amp; Cheese-30 Dinner Roll-15 OR Grilled Cheese Sandwich-25 Broccoli-5 Dragon Punch Juice-13 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>4</b> Chicken Nuggets-12 Cornbread Loaf-28 OR 16-Pretzel/Cheese-3/Yogurt-20 Au gratin Potatoes-24 Green Beans-5 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>5</b> 1-Beef Patty on Bun-20 OR Turkey Ham &amp; Cheese Pocket-31 Baked Beans-13 Cucumber Slices-5w/Dip-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>6</b> Deli Hoagie-26 OR 1-Hot Dog on Bun-25 Sweet Potato Fries-24 Green Peas-12 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>7</b> Baked Cheese Stick-30 OR 33-PBJ/Yogurt-20 Combo Marinara Sauce-6 Garden Salad-4 W/ Chickpeas-10 Choice of Fruit-20 Choice of Milk 12-24</p>
<p><b>10</b> 1-Beef Patty on Bun-20 OR Grilled Cheese Sandwich-25 Green Beans-5 Sweet Potato Fries-24 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>12</b> 16-French Toast W/ Turkey Sausage Link-0 OR 16-Pretzel/Cheese-3 Yogurt-20 Hash Browns-29 Dragon Punch Juice-13 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>12</b> 16-Chicken Patty on Bun-21 OR 2-Hot Dog on Bun-25 Sweet Potato Fries-23 Green Beans-5 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>13</b> Taco w/ Beef-32 OR 1-Hot Dog on Bun-25 Cheesy Refried Beans-25 4-Popeye Salad/Dressing-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>14</b> Choice of Pizza-35 OR 33-PBJ/Yogurt-20 Combo Marinara Sauce-6 Sweet Corn-12 Choice of Fruit-20 Choice of Milk 12-24</p>
<p><b>17</b> 1-Hot Dog on Bun-25 OR Grilled Cheese Sandwich-25 Tater Tots-16 Seasoned Carrots-8 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>18</b> Rotini Bake-24 Garlic Bread-12 OR 16-Pretzel/Cheese-3 Yogurt-20 Broccoli-5 Romaine Salad-3/ Dressing-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>18</b> Cherry Blossom Chicken-27 over Brown Rice-31 OR Turkey Ham &amp; Cheese Pocket-31 Stir Fry Vegetables-5 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>20</b> Mac &amp; Cheese-30 Dinner Roll -15 OR 1-Hot Dog on Bun-25 Veggie Sticks-6 /Dip-2 Wango Mango Juice-13 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>21</b> Pizza-35 or 33-PBJ/Yogurt-20 Combo Marinara Sauce-6 Peas &amp; Carrots-12 Choice of Fruit-20 Choice of Milk 12-24</p>
<p><b>24</b> 27-Soft Taco w/ Beef-5 Or Grilled Cheese Sandwich-25 24-Black Bean &amp; Salsa-6 Corn-12 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>25</b> 14- Chicken Tenders Dinner Roll-15 OR 16-Pretzel/Cheese-3 Yogurt-20 Mash Sweet Potatoes-12 4-Popeye Salad/Dressing-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>26</b> Mini Corn Dogs-33 OR Turkey Ham &amp; Cheese Pocket-31 Baked Beans-13 4-Baby Carrots/Dip-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>27</b> 41-Spaghetti/Meatballs-6 &amp; Sauce-6 Garlic Bread Stick-12 OR 1-Hot Dog on Bun-25 Green Beans-5 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>28</b> Pizza-35 OR 33-PBJ/Yogurt-20 Combo Marinara Sauce-6 Three Bean Salad-21 Choice of Fruit-20 Choice of Milk 12-24</p>
<p><b>31</b> 1-Scrambled Eggs/Ham-1 Fruit Muffin-31 Or Grilled Cheese Sandwich-25 Hash Browns-29 Dragon Punch Juice-13 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>1</b> 15-Chili Beef &amp; Beans over Spaghetti-41 Cheese-1 or 16-Pretzel/Cheese-3 Yogurt-20 Cucumber Slices-2 Broccoli Bites-5 w/Dip-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>2</b> Popcorn Chicken-14 Dinner Roll-15 Or Turkey Ham &amp; Cheese Pocket-31 Mash Potatoes-17 Peas &amp; Carrots-10 Choice of Fruit 16-24 Choice of Milk 12-24</p>	<p><b>3</b> 27-Nachos w/Fiesta Beef-5 1-Cheese &amp; Salsa-6 OR 1-Hot Dog on Bun-21 Refried Beans-23 Romaine Salad-3/ Dressing-2 Choice of Fruit 16-24 Choice of Milk 12-24</p>	<p><b>4</b> Pizza-35 OR 33-PBJ/Yogurt-20 Combo Marinara Sauce-6 Glazed Carrots-8 Choice of Fruit-20 Choice of Milk 12-24</p>

### News

With Offer vs. Serve, students must select at least 3 of the 5 components and one of the components must be ½ cup of fruit or vegetable component for their tray for it to count as a reimbursable meal.

A choice of Skim, nonfat and/or 1% unflavored and/or flavored milk is served with each meal

**MEAL PRICING:**  
Lunch Full Price \$2.70  
Reduced Lunch Price \$0.40  
Milk Only \$0.70

Menus are subject to change due to availability of Food

*This institution is an equal opportunity provider*