

OHS/OMS October Lunch Menu

Cheesy Enchilada 2 Stuffed Shells Fruit Vegetable	Assorted Pizza 3 Fruit Vegetable	Spiced Beef & Basil ⁴ Hummus Bowl Pita Bread Fruit Vegetable	Cheesy Breadsticks 5 Marinara Sauce Fruit Vegetable	No School 6
No School	Stromboli 10 Marinara Sauce Fruit Vegetable	Chicken Pot Pie 11 Bowl Biscuit Fruit & Vegetable	Meatloaf 12 Mashed Potato Dinner roll Fruit & Vegetable	Riso al Forno 13 Fruit Vegetable
Harvest Stew 16 Garlic Knot Fruit Vegetable	Assorted Pizza 17 Fruit Vegetable	Beef Stew 18 Dinner Roll Fruit Vegetable	Tex-Mex 19 Shepherd's Pie Dinner Roll Fruit & Vegetable	Mediterranean 20 Drumsticks Mujaddara Fruit & Vegetable
Pasta Marinara 23 Cheesy Garlic Bread Fruit & Vegetable	Stromboli 24 Marinara Sauce Fruit Vegetable	Chicken & Rice 25 Soup Biscuit Fruit & Vegetable	Country Pot Roast 26 Dinner Roll Fruit Vegetable	Chicken Huntington 27 Fruit Vegetable
Shakshuka 30 Cornbread Bowl Israeli Salad Fruit & Vegetable	Mummy Hot Dogs 31 Death Spiral Fruit & Vegetable			

Lunch Menu includes a whole grain, meat/meat alternative, fruit, vegetable, and milk component in compliance with the National School Lunch Program. *Salad Bar consists of fruit & vegetable selections. All Grains listed are Whole Grain Rich and 1% white milk is served daily

Menus are subject to change without notice

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