



Parker Junior High

October
2021

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza Steamed Corn Baby Carrots
4 Cheeseburger on Bun Golden French Fries Celery Sticks	5 BBQ Chicken Sandwich Steamed Carrots Broccoli Florets	6 Soft Beef Tacos Lettuce, Tomato and Cheese Refried Beans Salsa	7 Hot Turkey & Cheese Sandwich Romaine Lettuce Cucumber Slices	8 Cheese Pizza Cauliflower Floret Maple Roasted Apples & Carrots
11 NO SCHOOL	12 Spicy Chicken Patty on Bun Red Peppers Romaine Lettuce Salsa	13 Sloppy Joe on a Bun Baked Beans Steamed Corn HOM Spaghetti Squash Sample	14 Chicken Bites with Sweet and Sour Sauce Brown Rice Steamed Carrots Celery Sticks	15 Cheese Pizza Steamed Broccoli Cucumber Slices
18 Cheese Bosco Stick Marinara Sauce Steamed Broccoli Baby Carrots	19 Hotdog on Whole Grain Bun Baked Beans Cucumber Slices	20 Crispy Chicken Nuggets Whole Grain Dinner Roll Golden French Fries Broccoli Florets	21 Italian Pasta Bake Rip Stick Breadstick Roasted Cauliflower Romaine Lettuce Cherry Tomato	22 Cheese Pizza Steamed Green Beans Red Peppers
25 Hamburger on a Bun Golden French Fries Romaine Lettuce	26 Crispy Chicken Sandwich Pumpkin Apple Soup topped w/ Popcorn Broccoli Florets	27 BBQ Rib Sandwich Baked Beans Cherry Tomato	28 Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Corn Baby Carrots	29 Personal Pizza or Pizza Slice Steamed Green Beans Celery Sticks

PRICES

EXTRA INFO

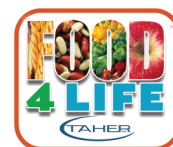
1% Milk (white) and Skim Milk (white & chocolate) available daily
A variety of fresh and canned fruits available daily

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



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