

Every day we offer a delicious and varied salad bar full of fruits and veggies. This accompanies our from scratch cooking methods.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

**1**  
Chicken Fajita  
Spanish Rice & Beans  
Fresh Fruits & Veggies  
Milk

**2**  
From Scratch Cheese Panini  
Butternut Squash Soup &  
Roasted Pepitas  
Fresh Fruits & Veggies  
Milk  
*\*National Pumpkin Seed Day\**

**3**  
Garlic Butter Baked Chicken  
Brown Rice  
Fresh Fruits & Veggies  
Milk

**4**  
Cheese Pizza  
Specialty Pizza  
Fresh Fruits & Veggies  
Milk

**7**  
Chicken, Broccoli, Rice &  
Cheese Casserole  
Fresh Fruits & Veggies  
Milk

**8**  
Perogies w/ Chicken  
Fresh Fruits & Veggies  
Milk  
*\*National Pierogi Day\**

**9**  
Grilled Cheese  
Homemade Tomato Soup  
Fresh Fruits & Veggies  
Milk

**10**  
Sloppy Joe on a Bun  
Chips & Salsa  
Fresh Fruits & Veggies  
Milk

**11**  
**11:30 Dismissal**  
**Bag Lunch**

**14**  
**NO SCHOOL**  
Indigenous Peoples Day

**15**  
Chapuk's Local Beef Tacos  
Brown Rice  
Fresh Fruit & Veggies  
Milk

**16**  
Italian Dunkers  
Marinara Sauce  
Fresh Fruits & Veggies  
Milk  
*\*International Bread Day\**

**17**  
Tortellini w/ Alfredo & Chicken  
Fresh Fruits & Veggies  
Milk  
*\*National Pasta Day\**

**18**  
Cheese Pizza  
Specialty Pizza  
Fresh Fruits & Veggies  
Milk

**21**  
Chicken Thighs w/  
Baked Apples  
Fresh Fruits & Veggies  
Milk  
*\*National Apple Day\**

**22**  
Goulash  
Fresh Fruits & Veggies  
Milk

**23**  
Popcorn Chicken Bowl  
Homemade Popcorn Chicken,  
Mashed Potatoes, & Gravy  
Fresh Fruits & Veggies  
Milk

**24**  
Teriyaki Meatballs  
Fried Rice  
Fresh Fruits & Veggies  
Milk

**25**  
Cheese Calzone  
Specialty Calzone  
Fresh Fruits & Veggies  
Milk

**28**  
Shepherds Pie  
Garlic Bread  
Fresh Fruit & Veggies  
Milk

**29**  
Buffalo or Plain Chicken Wrap  
Pasta Salad or Mac Salad  
Fresh Fruits & Veggies  
Milk

**30**  
Homemade Chili &  
Cornbread  
Fresh Fruits & Veggies  
Milk

**31**  
Chicken Pot Pie  
Homemade Chicken Stew w/  
Homemade Pie Crust Square  
Fresh Fruits & Veggies  
Milk



Moriah CSD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least 1/2 cup of fruit or vegetable to constitute a reimbursable meal. Alternate choices are PB&J or Egg Salad Sandwich. All Students eat at no cost.