



OCTOBER 2023

Legacy Christian Academy

**HIGH
SCHOOL**

Monday

MACARONI & CHEESE
BROCCOLI
DINNER ROLL
FRESH FRUIT & VEGGIE BAR
MILK

2

Tuesday

TACO TUESDAY
MEAT, CHIPS
CHEESE & SALSA
FRESH FRUIT & VEGGIE BAR
MILK

3

Wednesday

MINI CORNDOGS
BAKED BEANS
FRESH FRUIT & VEGGIE BAR
MILK

4

Thursday

GENERAL TSO CHICKEN
BROCCOLI, RICE
FRESH FRUIT & VEGGIE BAR
MILK

5

Friday

CHEESE PIZZA
GREEN GARDEN SALAD
FRESH FRUIT & VEGGIE BAR
MILK

6

TOMATO SOUP
GRILLED CHEESE
CHEESE CUBES
FRESH FRUIT & VEGGIE BAR
MILK

9

TACO TUESDAY
MEAT, CHIPS
CHEESE & SALSA
FRESH FRUIT & VEGGIE BAR
MILK

10

BREADED CHICKEN
TENDERS
GREEN BEANS
FRESH FRUIT & VEGGIE BAR
MILK

11

FRENCH TOAST
W/ SYRUP
SAUSAGE
HASHBROWNS
GRAHAM CRACKER
FRUIT & VEGGIE BAR
MILK

12

MINI CALZONES
W/ MARINARA
SWEET POTATO FRIES
FRUIT & VEGGIE BAR
MILK

13

BONLESS BBQ
CHX WINGS
SWEET POTATO PUFFS
FRUIT & VEGGIE BAR
MILK

16

TACO TUESDAY
MEAT, CHIPS
CHEESE & SALSA
FRESH FRUIT & VEGGIE BAR
MILK

17

PASTA IN MEAT SAUCE
W/ PARMESAN
GREEN BEANS
BREADSTICK
FRUIT & VEGGIE BAR
MILK

18

CHICKEN NUGGETS
MASHED POTATOES
W/ GRAVY
FRUIT & VEGGIE BAR
MILK

19

PEPPERONI PIZZA
GREEN GARDEN SALAD
FRUIT & VEGGIE BAR
MILK

20

SLOPPY JOE
FRENCH FRIES
FRUIT & VEGGIE BAR
MILK

23

TACO TUESDAY
MEAT, CHIPS
CHEESE & SALSA
FRESH FRUIT & VEGGIE BAR
MILK

24

CHICKEN PATTY
SANDWICH
SWEET POTATO FRIES
FRUIT & VEGGIE BAR
MILK

25

GENERAL TSO CHICKEN
BROCCOLI, RICE
FRESH FRUIT & VEGGIE BAR
MILK

26

HOT MEATBALL SUB
IN MARINARA
GREEN GARDEN SALAD
FRUIT & VEGGIE BAR
MILK

27

BBQ RIB SANDWICH
FRENCH FRIES
FRUIT & VEGGIE BAR
MILK

30

TACO TUESDAY
MEAT, CHIPS
CHEESE & SALSA
FRESH FRUIT & VEGGIE BAR
MILK

31

WHAT MAKES A MEAL: ENTRÉE, VEGETABLE, FRUIT AND MILK
MENU OPTIONS: ASSORTED HOT VEGGIE, COLD VEGGIE BAR, DELI SANDWICH, PIZZA,
ASSORTED HOT GRILL SELECTIONS, CHEF SALAD, FRUIT BAR, 1% WHITE OR NON-FAT CHOCOLATE MILK

LUNCH: HIGH SCHOOL- \$3.35 MILK- \$.55

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



PAY FOR MEALS ONLINE

MySchoolBucks.com