

HARVEST PREPARATORY SCHOOL

October 2023 – LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mac and Cheese Green Beans Beef Mandarin Oranges	3 Chicken and Waffles Orange Wedges Carrots	4 Grilled Chicken Sandwich BBQ Sauce Baked Beans Banana	5 Walking Taco Banana	6 Chicken Nuggets BBQ Sauce Sweet Potato Apple Sauce
9 Pizza Quesadilla Green Beans Apple	10 Grilled Cheese Waffle Fries Orange	11 Sesame Chicken Brown Rice California Blend Vegetables Pineapple Chunks	12 Calzone Apple Slices Carrots Ranch Packet	12 Chicken Tenders BBQ Sauce Baked Beans Potato Apple
16 Burrito Salad Mandarin Oranges	17 Popcorn Chicken Mashed Potatoes Corn Apple	18 Hamburger on Bun Ketchup Packet Lettuce Baked Beans Tater Tots	19 Corn Dogs Ketchup Packet Roasted Carrots Orange	20 French Bread Pizza Green Beans Jello Lowfat Ranch
23 Mac and Cheese Green Beans Beef Mandarin Oranges	24 Chicken and Waffles Orange Wedges Carrots	25 Grilled Chicken Sandwich BBQ Sauce Baked Beans Banana	26 Walking Taco Banana	27 Chicken Nuggets BBQ Sauce Sweet Potato Apple Sauce
30 Pizza Quesadilla Green Beans Apple	31 Grilled Cheese Waffle Fries Orange			

*Assorted milk is served with each meal.

**This institution is an equal opportunity provider.