








# Lunch Menu for Rams Kitchen



Oct-22

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	1) Grilled ham + Cheese Sandwich 2) Green Chili beef Burrito Black Beans	4	1) Nachos meat/no meat cheese sauce 2) Chili Frito Pie Corn	5	1) Cheese Pizza 2) Pepperoni Pizza 3) Chef's Special Broccoli	6	1) Beef Stir Fry (w/veg) 2) Veggie Stir Fry (Tofu) Jasmine rice	7	1) Corn Dog 2) Pizza Stuffer Carrots
SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK		HALF DAY	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10	 FALL BREAK	11		12		13		14	 FALL BREAK
SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	1) Grilled Cheese Sandwich 2) Fresh Vegetable and Turkey Sandwich Corn	18	1) Meatloaf 2) Baked Chicken Mashed Potatoes	19	1) Cheese Pizza 2) Pepperoni Pizza 3) Chef's Special Green Beans	20	1) Orange Chicken with Jasmine Rice 2) Sweet & Sour Chicken with Jasmine Rice and Cali Blend Veg	21	1) Carbonara 2) Ham and Veggie Sandwich Peas
SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK		SALAD BAR AND MILK	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
24	1) Pulled Pork BBQ Sandwich 2) Breaded Chicken Sandwich Baked Beans	25	1) Enchilada Verde 2) Soft Chicken Taco Rice and Refried Beans	26	1) Cheese Pizza 2) Pepperoni Pizza 3) Chef's Special Carrots	27	1) Meatball Sandwich 2) Buffalo Chicken Wrap Green Beans	28	1) Breakfast for lunch 2) Ham and Cheese Sandwich Hashbrown
SALAD BAR AND MILK		SALAD BAR AND MILK		HALF DAY		SALAD BAR AND MILK		SALAD BAR AND MILK	
MONDAY									
31	1) Chili Cheese Fries & Texas Toast 2) Turkey Avocado Wrap Peas								
SALAD BAR AND MILK									

\* At least %50 of agrain served are whole grain.

\*Menu subject to change

This institution is an equal opportunity provider

\* Dairy, meat, and gluten alternatives available with 1 week advanced notice.