



Stem Academy Menu Lunch Menu October 2021

4

- Beef and Broccoli Lo Mein
- Chicken Patty Sandwich with Lettuce and Tomato
- Turkey Sandwich with Lettuce & Tomato on Whole Grain Bread
- Bagel Plater with Yogurt & Cheese
- Served with Milk, Apple and Broccoli

5

- Country Chicken Bowl with Whole Grain Dinner Roll
- Cheeseburger with Lettuce and Tomato **LG**
- Ham Chef Salad with Whole Grain Flatbread
- Chicken Salad Sandwich with Lettuce & Tomato on WG Bread
- Served with Milk, Orange Slices and Roasted Corn

6

- Macaroni and Cheese
- Chicken Nuggets with a WG Roll
- Bagel Platter with Cheese & Yogurt **V**
- Tuna Salad Sandwich with Lettuce & Tomato on Whole Grain Bread
- Served with Milk, Banana and Broccoli

7

- Chicken Tikka Masala with Garlic Rice
- Chicken Patty Sandwich on WG roll
- Popcorn Chicken Salad with Whole Grain Flatbread **LG**
- Ham & Cheese Sandwich with Lettuce & Tomato
- Served with Milk, Seasonal Fruit Cup and Baby Carrots & Bean

8

- Cheese Pizza
- Served with Milk, Apple and Local Garden Salad

11

NO School

12

- Chicken Nuggets with Whole Grain Dinner Roll
- Cheeseburger with Lettuce and Tomato **LG**
- Santa Fe Turkey Wrap with Lettuce & Tomato
- Chicken Caesar with Whole Grain Flatbread
- Served with Milk, Orange Slices and Seasoned Corn

13

- Beef Tortilla Bowl with Whole Grain Rice
- Chicken Nuggets with a WG Roll
- Santa Fe Turkey Wrap with Lettuce & Tomato
- Chicken Caesar with Whole Grain Flatbread
- Served with Milk, Banana and Carrots and Beans

14

- Spaghetti Bolognese
- Chicken Patty Sandwich on WG roll
- Fruit & Yogurt Power Pack **LG**
- Santa Fe Turkey Wrap with Lettuce & Tomato
- Served with Milk, Fresh Strawberries and Side salad

15

- Cheese Pizza
- Served with Milk, Apple and Local Garden Salad

18

- Chicken Broccoli Alfredo **LG**
- Cheeseburger with Lettuce and Tomato **LG**
- Turkey & Cheese Sandwich w/Lettuce & Tomato **V**
- Pretzel & Yogurt Power Pack
- Served with Milk, Apple and Broccoli

19

- Shepard's Pie with Gravy with WG roll
- Chicken Patty Sandwich with Lettuce and Tomato
- Garden Salad with Tuna and Whole Grain Flatbread
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread

20

- Garlic Chicken Lo Mein
- Chicken Nuggets with a WG Roll
- Chef Salad with Ham and Whole Grain Flatbread
- BBQ Chicken Wrap with Lettuce & Tomato
- Served with Milk, Banana and Snow Peas

21

- Beef Picadillo with Cilantro Lime Rice
- Chicken Patty Sandwich on WG roll
- Chef Salad with Ham and Whole Grain Flatbread
- BBQ Chicken Wrap with Lettuce & Tomato
- Served with Milk, Seasonal Fresh Fruit Cup and Spiced Black Bean and Corn

22

- Cheese Pizza
- Served with Milk, Apple and Cucumber & Carrot Slices

20

- Whole Wheat Pancakes with Turkey Sausage
- Chicken Patty Sandwich with Lettuce and Tomato
- Greek Chicken Salad with Whole Grain Flatbread
- Ham & Cheese Sub w/Lettuce & Tomato
- Served with Milk, Apple and Soinach Salad or Tator Tots

21

- Orange Popcorn Chicken with Broccoli over Brown Rice
- Cheeseburger with Lettuce and Tomato **LG**
- Greek Chicken Salad with Whole Grain Flatbread
- Ham & Cheese Sub w/Lettuce & Tomato
- Served with Milk, Orange and Broccoli

22

- Country Chicken Bowl with Corn
- Chicken Nuggets with a WG Roll
- Ham & Cheese Sub with Lettuce & Tomato on whole grain Bread
- Chef Salad with Egg and Whole Grain Flatbread
- Served with Milk, Banana and Red Pepper Strips

23

- Beef Nachos with Salsa
- Chicken Patty Sandwich on WG roll
- Ham & Cheese Sub with Lettuce & Tomato on whole grain Bread
- Crispy Chicken Caesar with Whole Grain Flatbread
- Served with Milk, Orange Slices and Beans and Corn

24

- Cheese Pizza
- Served with Milk, Apple and Little Leaf Side Salad

25

- French Toast Sticks with Turkey Sausage
- Chicken Patty Sandwich with Lettuce and Tomato
- Ham & Cheese with Lettuce & Tomato on whole grain Bread
- Yogurt Platter **V**
- Served with Milk, Apple & Tater Tots and Carrots

26

- Chicken Parm Pasta with Roasted Vegetables
- Cheeseburger with Lettuce and Tomato **LG**
- Chicken Ranch Salad with Whole Grain Flatbread
- Chicken Caesar on Whole Grain Wrap
- Served with Milk Fresh Fruit & Roasted Vegetables (Broccoli & Carrots)

27

- Chicken Yakisoba with Snow Peas
- Chicken Nuggets with a WG Roll
- Pretzel Power Pack with Yogurt
- Chicken Salad Sandwich with Lettuce & Tomato on Whole Grain Bread
- Served with Milk, Orange & Red Pepper Strips

28

- Beef Nachos with Salsa
- Chicken Patty Sandwich on WG roll
- Chicken Ranch Salad with Whole Grain Flatbread **LG**
- Turkey & Cheese Sub with Lettuce & Tomato on Whole Grain Bread
- Served with Milk, Apples and Snow Peas

29

- Cheese Pizza
- Served with Milk, Banana and Side Salad

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 Check out our accounts on Social Media:
 LPSD- Food & Nutrition
 Instagram: [lpsdfoodandnutrition](https://www.instagram.com/lpsdfoodandnutrition)

Sun Butter & Jelly Offered Daily
 Fresh Fruit offered daily
 Milk: Skim, 1% **White** **Locally Grown**

All students eat at no cost! **V** Vegetarian

Menus are subject to change

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