

# OCTOBER 2023

## PCTVS MENU

### LUNCH



ALL MEALS ARE SERVED WITH FRUIT AND/OR 100% FRUIT JUICE. MILK OFFERINGS: LOW FAT WHITE MILK & CHOCOLATE

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE  
STUDENTS THAT QUALIFY FOR FREE OR REDUCED LUNCHES ARE ABLE TO RECEIVE 1 LUNCH PER DAY. ADDITIONAL LUNCHES ARE FULL PRICE



#### ADDITIONAL DAILY LUNCH OPTIONS:

**ASSORTED SALADS, FRESH SUB SANDWICHES, PROTEIN PACKS**

While it is our intention to serve our students their favorite meals every day, supply issues may make this challenging throughout the school year. **FULL**

**PRICE LUNCH COST \$3.55**

#### MONDAY

Chicken Nuggets  
W/G Dinner Roll  
Steamed Corn  
Fresh Peach

2

#### TUESDAY

All Beef Hot Dog  
W/G Bun  
Tomato & Cucumber  
Salad  
Fresh Gala Apple

3

#### WEDNESDAY

Tech Cheeseburger  
W/G Bun  
Sweet Potato Tots  
Fresh Pear

4

#### THURSDAY

Baked Mac & Cheese  
W/G Dinner Roll  
Steamed Broccoli  
Fresh banana

5

#### FRIDAY

Garlic Bread Pizza  
Marinara Sauce  
Mixed Greens Salad  
Fresh Orange

6

**No School**

9

California Chicken  
Sandwich  
WG bun  
Lettuce, Tomato  
Fresh Pear

10

Philly Cheesesteak  
W/G Bun  
Sauteed Red & Green  
Peppers  
Fresh Orange

11

Pasta Bolognese  
W/G Dinner Roll  
Caesar Salad  
Fresh Banana

12

Stuffed Bread Sticks  
Marinara Cup  
Mixed Greens Salad  
Fresh Apple

13

Tech Cheeseburger  
W/G Bun  
Sweet Potato Tots  
Fresh Pear

16

Lasagna  
W/G Dinner Roll  
Caesar Salad  
Fresh Apple Slices

17

Meat Loaf  
W/G Dinner Roll  
Mashed Potato  
Gravy  
Granny Smith Apple

18

All Beef Hot Dog  
W/G Bun  
Graham Cracker  
Sweet Potato Tots  
Fresh Apple

19

Pizza Quesadilla  
Salsa Cup  
Corn Bean Salad  
Fresh Orange

20

BBQ Beef Rib Sandwich  
W/G Bun  
Onion Ring  
Steamed Corn  
Fresh Gala Apple

23

Baked Mac & Cheese  
W/G Dinner Roll  
Steamed Broccoli  
Fresh banana

24

Philly Cheesesteak  
W/G Bun  
Sauteed Red & Green  
Peppers  
Fresh Orange

25

Smash Bowl  
Popcorn Chicken  
Mashed Potato, Gravy  
Steamed Corn  
Fresh Grapes

26

French Bread Pizza  
Caesar Salad  
Fresh Banana

27

Spicy Chicken Sandwich  
W/G Bun  
Lettuce, Tomato  
Carrot Sticks  
Fresh Orange

30

General Tso Chicken  
Steamed Broccoli  
Vegetable Brown Rice  
Fresh Apple

31

