



November 2022

OCIS

LUNCH MENU

MON	TUES	WED	THURS	FRI
	1 Walking Tacos Let/Sour Cream/Salsa Rice/Corn/Kick'in Pinto Beans	2 Chicken Parmesan Sandwich Garden Salad	3 Cheese Omelet Pancakes w/Syrup Seasoned Diced Potatoes	4 Chicken Cheese Steak Sandwich Baked Beans
7 Mac & Cheese Dinner Roll Buttered Broccoli	8 Soft Chicken Fajitas w/Peppers & Onions Let/Sour Cream/Salsa Rice/Corn/BBQ Black Beans	9 Cheese or Pepperoni Calzone & Tater Tots	10 Italian Baked Chicken Sweet Potato Fries Dinner Roll	11 French Toast Sticks w/ Syrup Turkey Sausage Links Seasoned Diced Potatoes
14 Chicken Alfredo Penne w/Garlic Bread Green Beans	15 Walking Tacos Let/Sour Cream/Salsa Rice/Corn/ Refried Beans	16 Popcorn Chicken Cheesy Mashed Potato Bowl	17 Cheese or Pepperoni Calzone Tater Tots	18 Grilled Cheese & Tomato Soup
21 Spaghetti & Meat Sauce Dinner Roll Sweet Peas	22 Soft Chicken Fajitas w/Peppers & Onions / Let/Sour Cream/Salsa/ Rice/Corn/Kick'in Pinto Beans	23 Max Sticks w/Dipping Sauce & Garden Salad	24 Bacon Cheeseburger French Fries	25 BBQ Chicken Cinnamon Sweet Potato Yams Dinner Roll
28 Baked Cheesy Ziti w/Garlic Bread Garden Salad	29 Walking Tacos Let/Sour/Cream/ Salsa/Rice/Corn/ Kick'in Kidney Beans	30 Grilled Cheese & Tomato Soup		

Offered Daily...

Assorted Fresh Fruits, 100% Fruit Juice, Fruit Cups
Milk – Fat Free, 1% Skim & Fat- Free

Daily Entrée Offerings....

Assorted Salads, Pizza, Chicken Nuggets, Chicken Sandwiches, Burgers, Steaks, Cold Sandwiches & Wraps

Lunch Paid is \$3.25
Reduced \$.00

Powering potential.



Select from a variety of fresh fruits, chilled fruit cup, 100% fruit juice.

Milk: Skim, Fat Free Chocolate, 1 % White



This institution is an equal opportunity providers