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### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

1  
Beef Nachos  
Brown Rice  
Refried Beans  
Fruit & Veggie  
Milk

2  
BBQ or Plain Chicken  
Potato Wedges  
Fruit & Veggie  
Milk

3  
Pasta Bar  
Meat / Marinara / Butter  
Fruit & Veggie  
Milk

4  
Italian Dunkers  
Fruit & Veggie  
Milk

7  
Buffalo or Plain Chicken  
Mac & Cheese  
Fruit & Veggie  
Milk

8  
Chicken Quesadilla  
Black Beans and Corn  
Fruit & Veggie  
Milk

9  
Tuna Wrap  
Egg Salad wrap  
Chips & Salsa  
Fruit & Veggie  
Milk

10  
Breakfast for Lunch!  
French Toast, Sausage and  
Home Fries  
Fruit & Veggie  
Milk

11  
Cheese Pizza  
Pepperoni Pizza  
Fruit & Veggie  
Milk

14  
**INDIGENOUS PEOPLE'S  
DAY**  
  
**NO SCHOOL TODAY**

15  
Beef Tacos  
Chickpea Salad  
Rice  
Fruit & Veggie  
Milk

16  
Chicken and Biscuits  
Mashed Potatoes  
Fruit & Veggie  
Milk

17  
Lasagna  
Garlic Bread  
Fruit & Veggie  
Milk

18  
Italian Dunkers  
Fruit & Veggie  
Milk

21  
Hamburger  
Cheeseburger  
Mac Salad  
Fruit & Veggie  
Milk

22  
Chicken Fajita  
Refried Beans  
Rice  
Fruit & Veggie  
Milk

23  
Bagged Lunch  
  
**Half-Day**

24  
Grilled Cheese Sandwich  
Homemade Soup  
Fruit & Veggie  
Milk

25  
Cheese Pizza  
Pepperoni Pizza  
Fruit & Veggie  
Milk

28  
Pasta Bar  
Meat / Marinara / Butter  
Fruit & Veggie  
Milk

29  
Chicken, Bean, Rice Bowl  
Fruit & Veggie  
Milk

30  
Breakfast Wraps  
Egg, Sausage, Cheese  
Fruit & Veggie  
Milk

31  
Meatloaf Cups  
Mashed Potatoes  
Fruit & Veggie  
Milk

**HAPPY HALLOWEEN**



Boquet Valley CSD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least **3 food components**, with one of the food components being at least **½ cup of fruit or vegetable** to constitute a reimbursable meal. Alternate choices are PB&J\* or Egg Salad Sandwich. All students eat free meals