



Viking Cafeteria | October Menu 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1	Weekly Salad
					Homemade Pizza Mixed Vegetables Fruit Cocktail Fresh Baked Cookie	Chef Salad Turkey, Cheese, Egg Tomatoes, Cucumber Carrots, Croutons Choice of Dressing
	4	5	6	7	8	Weekly Salad
	Chicken & Waffles Steamed Peas Applesauce	Meatball Sub Tater Tots Buttered Carrots Peaches	Beef Rigatoni Broccoli Breadstick Pineapple	Chicken Enchiladas Mexican Rice Corn Pears Churros	Homemade Pizza Mixed Vegetables Fruit Cocktail Fresh Baked Cookie	Southwest Salad Grilled Chicken, Black Beans Corn, Cheese, Tomatoes Red Onion, Tortilla Strips Chipotle Ranch Dressing
	11	12	13	14	15	Weekly Salad
	Teacher Work Day Student Holiday Main Office will be open from 8 to 4.	Buttermilk Pancakes Bacon Scrambled Eggs Hash Brown Patty Peaches	Spaghetti with Meatballs Broccoli Breadstick Pineapple	Chicken Cordon Bleu Roasted Potatoes Green Beans Baked Roll Pears	Homemade Pizza Mixed Vegetables Fruit Cocktail Fresh Baked Cookie	Fall Apple Salad Diced Apples, Bacon Feta Cheese, Craisins Pepitas Apple Cider Vinaigrette
	18	19	20	21	22	Weekly Salad
	Chicken Tenders Mac & Cheese Steamed Peas Applesauce	Homemade Sloppy Joes French Fries Buttered Carrots Peaches	Chicken Alfredo Penna Pasta Broccoli Breadstick Pineapple	Sweet & Sour Chicken Fried Rice Stir Fry Vegetables Egg Roll Pears	Homemade Pizza Mixed Vegetables Fruit Cocktail Fresh Baked Cookie	Chicken Caesar Salad Grilled Chicken, Romaine Tomatoes, Parmesan Croutons Caesar Dressing
	25	26	27	28	29	Weekly Salad
	Chicken Nuggets Tater Tots Steamed Peas Applesauce	Salisbury Steak Mashed Potatoes & Gravy Buttered Carrots Baked Roll Peaches	Baked Ziti Broccoli Breadstick Pineapple	Cheeseburgers French Fries Buttered Corn Pears	Homemade Pizza Mixed Vegetables Fruit Cocktail Fresh Baked Cookie	Chef Salad Turkey, Cheese, Egg Tomatoes, Cucumber Carrots, Croutons Choice of Dressing
Daily A La Carte Item (3rd-12th)						
Deli sandwich or PB & J Meal Chips, Carrot Sticks, Fruit (Always Available for K4-12)	All meal options include choice of one (8 oz.) milk or (8 oz.) water Allergy Alert! Items in this cafeteria are prepared where wheat, nuts and soy are present and may come in contact with food!					