OPENKITCHEN MONTHLY DINING MENU

Monday Tuesday Wednesday Thursday Friday

Oct 1

Oct 8

Oct 15

Turkey Kielbasa
Buffalo Cheese Bites
Emoticon Potatoes
Roasted Peppers & Onions
Pear
Apple
1% Milk
Skim Milk
Chocolate Milk

Oct 7

Oct 14

Chicken Egg Rolls Vegetable Potstickers Sweet & Sour Sauce Edamame Red Pepper Strips Banana Apple Crisps 1% Milk Skim Milk Chocolate Milk

Oct 2

Oct 9

Oct 16

Turkey-Sausage Pizza Cheese Pizza Mixed Greens Salad Cauliflower Fruit Punch Juice Orange 1% Milk Skim Milk Chocolate Milk

Oct 3

Oct 10

Oct 6

Hamburger Veggie Burger Pickles Red Pepper Strips Apple Assorted Fruit Cups 1% Milk Skim Milk Chocolate Milk WG Cheesy Twiz-Stik
Pizza Bagel
Turkey Pepperoni
Cherry Tomatoes
Sauce, Marinara, PC - OKI
Orange
Grape Juice
1% Milk
Skim Milk
Chocolate Milk

Chicken Chop Suey White Rice Orange Tofu & Rice Edamame Snap Peas Pear Apple 1% Milk Skim Milk Chocolate Milk Jerk Chicken Drumstick Veggie Tenders Sister Schubert's Roll Hot Broccoli Cucumber Slices Apple Banana 1% Milk Skim Milk Chocolate Milk Turkey-Sausage & Egg Croissant Veggie Sausage & Egg Sandwich Seasoned Diced Potatoes Cauliflower Grape Juice Orange 1% Milk Skim Milk Chocolate Milk

Oct 13

Pizza Boli Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Wango Mango Juice Celery Sticks Applesauce Cup Assorted Flavors Grape Juice 1% Milk Skim Milk Chocolate Milk BBQ Pulled Turkey Hamburger Bun Grilled Cheese Mixed Greens Salad Broccoli Pear Apple 1% Milk Skim Milk Chocolate Milk Chicken & Waffles
Veggie Chicken & Waffles
Tater Tots
Crinkle Carrot Coins
Banana
Apple Crisps
1% Milk
Skim Milk
Chocolate Milk

Oct 17

Rotel Dip
Cheese Sauce
Tortilla Chips
Seasoned Black Beans
Salsa Cup
Grape Juice
Orange
1% Milk
Skim Milk
Chocolate Milk

Oct 20

Cheesy Mac Bites Celery Sticks Sauce, Marinara, PC - OKI Apple Assorted Fruit Cups 1% Milk Skim Milk Chocolate Milk Oct 21

Orange Chicken & Rice
Orange Tofu & Rice
Diced Carrots
Snap Peas
Orange
Grape Juice
1% Milk
Skim Milk
Chocolate Milk

Turkey-Sausage Pizza Cheese Pizza Lemon Chickpea Salad Crinkle Carrot Coins Pear

Apple 1% Milk Skim Milk Chocolate Milk Breaded Ravioli Mixed Greens Salad Cucumber Slices Banana Apple Crisps 1% Milk Skim Milk

Chocolate Milk

Oct 24

Oct 27

Fiestada Handheld Cheese Quesadilla Crinkle Carrot Coins Cherry Tomatoes Apple Assorted Fruit Cups 1% Milk Skim Milk Chocolate Milk Oct 28

Cheeseburger Mac&Cheese
Veggie Tenders
Sister Schubert's Roll
Crinkle Carrot Coins
Pickles
Apple
Grape Juice
1% Milk
Skim Milk
Chocolate Milk

Oct 29

Oct 22

Turkey Kielbasa Buffalo Cheese Bites Emoticon Potatoes Roasted Peppers & Onions Pear Apple 1% Milk Skim Milk Chocolate Milk Oct 30

Oct 23

Chicken Egg Rolls Vegetable Potstickers Sweet & Sour Sauce Edamame Red Pepper Strips Banana Apple Crisps 1% Milk Skim Milk Chocolate Milk Ghost Nachos

Oct 31

Ghost Nachos White Nacho Doritos Mixed Greens Salad Cauliflower Fruit Punch Juice Orange 1% Milk Skim Milk Chocolate Milk

Chicken products are No Antibiotic Ever (NAE) or No Antibiotics Important to Human Medicine (NAIHM).

All menus are pork-free.

Grain/bread items served are Whole Grain Rich.

Our milk options include 1% and Skim.

Not all offerings may be available in all buildings and menu offerings may change with little to no notice.

This institution is an equal opportunity provider.