**OCTOBER 2023**
Telluride School District

**Monday**
- **CRUNCHY TACO**
  - BLACK BEANS
  - CORN
  - APPLE
  - MILK
  - (Contains Gluten & Dairy)

**Tuesday**
- **PK-12 CONFERENCES**
  - NO SCHOOL

**Wednesday**
- **CHICKEN TENDER WRAP**
  - BROCCOLI & CHERRY TOMATO CUP
  - SUN CHIPS
  - CANTALOUPE
  - MILK
  - (Contains Gluten)

**Thursday**
- **CORN DOG**
  - BAKED BEANS
  - RED VEGGIE CUP
  - ORANGES
  - MILK
  - (Contains Gluten)

**Friday**
- **GREEN CHILI CHICKEN ENCHILADAS**
  - SPANISH RICE, GREEN BEANS
  - APPLESauce
  - MILK
  - (Contains Gluten & Dairy)

**Monday**
- **HAMBURGER**
  - CUCUMBERS
  - STRAWBERRIES
  - MILK
  - (Contains Gluten)

**Tuesday**
- **BBQ CHICKEN**
  - COLESLAW, BAKED BEANS
  - PINEAPPLE
  - DINNER ROLL
  - MILK
  - (Contains Gluten & Dairy)

**Wednesday**
- **CHEESE PIZZA**
  - CRISP SALAD
  - APPLE
  - MILK
  - (Contains Gluten & Dairy)

**Thursday**
- **SLOPPY JOE SANDWICH**
  - SWEET POTATO FRIES
  - GRAPES
  - MILK
  - (Contains Gluten & Dairy)

**Friday**
- **CHICKEN PARMESAN**
  - NOODLES
  - PEAS, PEARS
  - BREADSTICK
  - MILK
  - (Contains Gluten & Dairy)

**Monday**
- **CHICKEN ALFREDO PENNE**
  - PEAS
  - RED GRAPES
  - DINNER ROLL
  - MILK
  - (Contains Gluten & Dairy)

**Tuesday**
- **BAKED FISH STICKS**
  - BROCCOLI & CHERRY TOMATO CUP
  - GARANZIO BEANS, PEARS
  - DINNER ROLL
  - MILK
  - (Contains Gluten)

**Wednesday**
- **CHICKEN POT PIE**
  - MIXED VEGGIES
  - CANTALOUPE
  - DINNER ROLL
  - MILK
  - (Contains Gluten & Dairy)

**Thursday**
- **CHILI FRIES**
  - CUCUMBERS
  - SUN CHIPS
  - ORANGES
  - MILK
  - (Contains Gluten)

**Friday**
- ****HALF DAY**
  - BAG LUNCH
  - HAM SANDWICH
  - CELERY STICKS
  - FRUIT, CHIPS
  - MILK

**Monday**
- **CORN DOG**
  - BAKED BEANS
  - SWEET POTATO FRIES
  - GRAPES
  - MILK
  - (Contains Gluten)

**Tuesday**
- **BEAN & CHEESE BURRITO**
  - RED VEGGIE CUP
  - BLACK BEANS
  - CANTALOUPE
  - MILK
  - (Contains Gluten & Dairy)

**Wednesday**
- **SPAGHETTI & MEATBALLS**
  - STEAMED BROCCOLI
  - BREADSTICK
  - ORANGES
  - MILK
  - (Contains Gluten)

**Thursday**
- **CHICKEN FAJITAS**
  - REFRIED BEANS
  - SPANISH RICE
  - PEACHES
  - MILK
  - (Contains Gluten & Dairy sides)

**Friday**
- **HAMBURGER**
  - OVEN FRIES
  - CARROTS
  - WATERMELON
  - MILK
  - (Contains Gluten)

**Monday**
- **CHILI CON CARNE W/BEANS**
  - SNAP PEAS
  - CORN MUFFINS
  - ORANGES
  - MILK
  - (Contains Gluten & Dairy)

**Tuesday**
- **ORANGE CHICKEN**
  - FRIED RICE, PEAS
  - PORK & VEG EGG ROLL
  - MILK
  - (Contains Gluten & Dairy)

**Wednesday**
- **ORANGE CHICKEN**
  - CRISP SALAD
  - WATERMELON
  - MILK
  - (Contains Gluten & Dairy)

**Thursday**
- **CHEESY POTATOES & HAM**
  - STEAMED CAULIFLOWER
  - CORN
  - CANTALOUPE
  - MILK
  - (Contains Gluten & Dairy)

**Friday**
- **CHICKEN QUESADILLA**
  - STEAMED CAULIFLOWER
  - CORN
  - CANTALOUPE
  - MILK
  - (Contains Gluten & Dairy)

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**Healthy Meals for All at No Charge to Students**

**This Institution is an Equal Opportunity Provider**
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- Nurses have food allergens list per meal
- Gluten free options available daily
- Vegetarian options available daily
- Milk offered daily