



COMPASS LUNCH MENU

FALL 2023 SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Entrée	Nachos Grande with Tostitos	Regular Chicken Sandwich on WG Bun	Dill Chicken Smackers with WG Dinner Roll	Asian-Inspired Beef Noodle Bowl	BBQ Rib Sandwich on WG Bun
	Vegetables	Fresh Veggie Tray with Dip Refried Beans	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Potato Smiles	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Seasoned Potatoes
Week 2	Entrée	Sausage, Egg, and Cheese Biscuit Sandwich	Sweet Chili Chicken and Vegetable WG Dumplings	Chicken Nuggets with Mac 'n Cheese	Regular Chicken Tender Wrap	Hamburger or Cheeseburger on WG Bun
	Vegetables	Fresh Veggie Tray with Dip Tater Tots	Fresh Veggie Tray with Dip	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Baked Beans
WG = whole grain		Fruit and Low Fat/ Skim Milk offered daily		Additional entrée option of PBJ Uncrustable (5.3 oz) offered each day		Students must take a fruit or vegetable to be considered a reimbursable meal

AUG 2023					SEPT 2023					OCT 2023					NOV 2023					DEC 2023				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

July 26-28 will start on **Week 1 Lunch**

Menus subject to change.
This institution is an equal opportunity provider.



COMPASS BREAKFAST MENU

FALL 2023 SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pillsbury Frudel (Apple or Cherry)	WG Breakfast Bar (Dunkin' Sticks)	Sausage Pancake on a Stick	WG Donut Holes in a Cup	Pillsbury Mini Cinni
Week 2	WG Waffle	Otis Spunkmeyer WG Muffin (4 oz)	Sausage Biscuit Sandwich	Eggo Bites (Cook's Choice)	Tony's Breakfast Pizza Bagel
WG = whole grain		Fruit, Juice, & Low Fat/Skim Milk offered daily		Students must take a fruit to be considered a reimbursable meal	



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31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
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