



COMPASS LUNCH MENU

Fall 2023 - Quarter 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Entrée	Nachos Grande with Tostitos Turkey and Cheese Sub Yogurt with Cheese Stick and Muffin	Regular Chicken Sandwich on WG Bun Calzone with Marinara Sauce Deli Wrap	Chicken Smackers with WG Dinner Roll Bosco Sticks with Marinara Sauce Yogurt with Cheese Stick and Muffin	Mozzarella Sticks with Marinara Sauce Regular Chicken Tender Wrap Popcorn Chicken Salad with WG Dinner Roll	BBQ Rib Sandwich on WG Bun Hamburger or Cheeseburger on WG Bun Firecracker Chicken Salad with WG Dinner Roll
	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 Turkey and Cheese Sub Yogurt with Cheese Stick and Muffin	Regular Chicken Sandwich on WG Bun Calzone with Marinara Sauce Deli Wrap	Chicken Nuggets with Mac 'n Cheese Bosco Sticks with Marinara Sauce Yogurt with Cheese Stick and Muffin	Mozzarella Sticks with Marinara Sauce Regular Chicken Tender Wrap Yogurt Parfait with Grahams	BBQ Rib Sandwich on WG Bun Hamburger or Cheeseburger on WG Bun Firecracker Chicken Salad with WG Dinner Roll
	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	



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					

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