

# Mundelein High School

October 2023

| Monday                                                | Tuesday                                                                      | Wednesday                        | Thursday          | Friday                                                                                                |
|-------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------|-------------------|-------------------------------------------------------------------------------------------------------|
| 2 Chicken Teriyaki Lo Mein                            | 3 Smothered Pork Chops 🍖<br>Homemade Mashed Potatoes<br>Seasoned Green Beans | 4 Chicken Pico de Gallo Sandwich | 5 Taco Bar        | 6 Wing Toss<br>    |
| 9                                                     | 10 Pork Noodle Bowl 🍖                                                        | 11 Patty Melt                    | 12 Taco Bar       | 13 Wing Toss<br>   |
| 16 Stir-Fry Pork 🍖<br>Basmati Rice Pilaf              | 17 Lemon Butter Chicken over<br>Egg Noodles<br>Glazed Carrots                | 18 Spicy Fiesta Chicken Wrap     | 19 Beef Taco Bowl | 20                                                                                                    |
| 23 Chicken Vegetable Sitr-Fry<br>Vegetable Fried Rice | 24 Fried Rice<br>Spicy Korean Chicken                                        | 25 Polynesian Burger             | 26 Beef Taco Bowl | 27 Wing Toss<br> |
| 30 Chicken Broccoli Stir Fry                          | 31 Roasted Pork Loin 🍖<br>Oven Roasted Potatoes<br>Applesauce                |                                  |                   |                                                                                                       |