

OCTOBER 2017

Elementary Lunch Menu

MONDAY

CHICKEN
FAJITA WRAPS
BLACK BEANS
ASSORTED FRESH
OR
CANNED FRUIT

2

TUESDAY

SCALLOPED
POTATOES & HAM
GREEN BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
HAM SANDWICH

3

WEDNESDAY

MEATBALL SUB
FRESH CRISP ROMAINE
SALAD
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD WRAP

4

THURSDAY

CHICKEN NUGGETS
STEAMED BROCCOLI
ASSORTED FRESH
OR
CANNED FRUIT
OR
BUFFALO CHICKEN
WRAP

5

FRIDAY

TOASTED CHEESE
&
TOMATO SOUP
CARROTEENIES
ASSORTED FRESH
OR CANNED FRUIT
OR
EGG SALAD SANDWICH

6

NO
SCHOOL

COLUMBUS DAY

9

NEW:
MEXICAN CHICKEN
OVER RICE
CORN
ASSORTED FRESH
OR
CANNED FRUIT

10

TURKEY
SUB
HOMEMADE SOUP
ASSORTED FRESH
OR
CANNED FRUIT

11

CHICKEN
QUESADILLAS
PIZZA
FRESH CRISP ROMAINE
SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
PLAIN BAGEL

12

ESKIMO
ADVENTURE
CARROTEENIES
ASSORTED FRESH
AND
CANNED FRUIT
OR
EGG SALAD SANDWICH

13

COWBOY BURGER
SWEET POTATO
FRIES
ASSORTED FRESH
OR
CANNED FRUIT

16

CHICKEN
PARMESAN OVER
GARLIC NOODLES
SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
TURKEY & CHEESE
SANDWICH

17

AMERICAN
SUB
HOMEMADE SOUP
ASSORTED FRESH
OR
CANNED FRUIT

18

CHICKEN GRAVY
& BISCUITS
BEETS
ASSORTED FRESH
OR
CANNED FRUIT
OR
CHICKEN SALAD WRAP

19

PIZZA
ROMAINE SALAD W/
CHICK PEAS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD SANDWICH

20

MAC & CHEESE
W/G ROLL
PEAS
ASSORTED FRESH

23

TACO SALAD
CORN &
BLACK BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD WRAP

24

BAKED CHICKEN
MASHED POTATOES
& GRAVY
GREEN BEANS
ASSORTED FRESH
OR
CANNED FRUIT OR
HAM & CHEESE
SANDWICH

25

HOT
CHEESE BAGEL
BRUSSEL SPROUTS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD SANDWICH

26

NO SCHOOL

SUPERINTENDENT'S
CONFERENCE DAY

STAFF ONLY

27

FISH SANDWICH
COLESLAW
ASSORTED FRESH
OR
CANNED FRUIT

30

GHOULASH
W/G ROLL
FRESH CRISP ROMAINE
SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
TURKEY & CHEESE
SANDWICH

31

DID YOU KNOW?

More US presidents have been born in
October than in any other month.

FREE BREAKFAST
&
LUNCH
FOR ALL ELEMENTARY
STUDENTS!

Please don't forget to
return the form to help
us with our status & to
apply for other grants

Thanks

Extra Meal:

Elem- \$2.75

Extra Portions - \$.75-\$.1.50

Ice cream-\$.70

Snacks - \$.70

Milk or Juice - \$.65

OFFERED DAILY: PBJ &
YOGURTS

*Breads are whole grain,
wheat or whole grain white

Milk:1%, Low Fat Choc. & Skin

Menu subject to
change depending
on availability of food
product

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