

OCTOBER

ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		OCTOBER IS NATIONAL APPLE MONTH THE LARGEST U.S. APPLE CROP WAS 277.3 MILLION CARTONS IN 1998	ONE OF GEORGE WASHINGTON'S HOBBIES WAS PRUNING HIS APPLE TREES.	1 CHEESE PIZZA ³⁶ OR FRUIT & YOGURT PLATE ⁵¹ W/BUG BITE GRAHAM CRACKERS ²² Broccoli Spears ⁴ NC Apple ¹⁹
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
4 TACO DAY TACO's ²⁵ OR CHICKEN FAJITA ¹⁷ Shredded Lettuce ¹ Diced Tomato ¹ Salsa ⁴ , Sour Cream ² , Cheese Whole Kernel Corn ¹⁵	5 TURKEY POT PIE WITH CARROTS AND PEAS ³¹ OR HAMBURGER ²⁶ Lettuce ¹ and Tomato ¹ Pickles Mashed Potatoes ¹⁴ Pear Halves ¹⁸	6 BAKED ZITI ³⁰ W/GARDEN SALAD ² AND BREADSTICK ¹⁹ OR MINI CORN DOGS ³¹ Broccoli Spears ⁴ Whole Strawberries ⁷	7 GRILLED CHEESE ³⁴ OR HAM AND CHEESE SANDWICH ³² Tomato Soup ¹⁶ Carrot and Cucumber Stix ⁸ w/dip ² Scrabble Cheez Its ¹⁴	8 PEPPERONI PIZZA ³⁹ OR FISH SANDWICH ⁴⁵ W/TARTAR SAUCE ⁴ Green Peas ¹⁶ Corn on the Cob ¹⁸ Diced Apricot ¹⁹
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
11 CHEF BOYARDEE RAVIOLI ³⁰ W/GARDEN SALAD ² & BREADSTICK ¹⁹ OR CHEESEBURGER ²⁶ Lettuce ¹ and Tomato ¹ Straight Cut Fries ¹⁶	12 BREAKFAST FOR LUNCH Sausage ⁴ or Chicken ⁷ w/eggs ¹ Biscuit ²⁸ and Gravy ¹⁰ or Pancakes ²⁷ w/syrup ¹⁸ Applesauces- ³⁰ u- ¹²	13 CHICKEN RINGS ¹³ SALISBURY STEAK ¹² Mashed Potatoes ¹⁴ Green Beans ³ Hot Yeast Roll ²⁰ NC Jonagold Apple ¹⁹	14 CHICKEN FAJITA ¹⁷ OR CHALUPA ¹⁵ Shredded Lettuce ¹ Diced Tomato ¹ Salsa ⁴ and Sour Cream ² Whole Kernel Corn ¹⁵ Diced Apricots ¹⁹	15 CHEESE PIZZA ³⁵ OR RIB-B-Q ON BUN ³³ Pickles Broccoli Spears ⁴ w/cheese sauce ¹⁰ NC Kennebec Baked Potato ³⁶
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
18 CHICKEN NUGGETS ¹³ OR HAMBURGER ²⁶ Lettuce ¹ and Tomato ¹ Green Beans ³ Mashed Potatoes ¹⁴ Hot Yeast Roll ²⁰	19 SPAGHETTI ²⁹ W/GARDEN SALAD ² AND BREADSTICK ¹⁹ OR CHICKEN FILLET ³⁰ Lettuce ¹ and Pickles Steamed Carrots ⁶ Peach Slices ¹²	20 MAC N CHEESE ²⁶ W/GRILLED FRANKS ² OR SLICED HAM ⁰ Pinto Beans ²⁰ Steamed Cabbage ⁵ Stewed Tomatoes ⁵ Onions ³ & Cornbread ³¹	21 GRILLED CHEESE ³⁴ OR PBJ SANDWICH ³⁴ Tomato Soup ¹⁹ Carrot and Cucumber Stix ⁸ w/dip ² Scrabble Cheez Its ¹⁴ Whole Strawberries ⁷	WORKDAY 
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
ANNUAL LEAVE 	26 BREAKFAST FOR LUNCH Sausage ⁴ or Chicken ⁷ w/eggs ¹ Biscuit ²⁸ and Gravy ¹⁰ or Pancakes ²⁷ w/syrup ¹⁸ Applesauces- ³⁰ u- ¹² Tater Tots ²⁰	27 BBQ DINNER ¹¹ OR FISH TREASURES ¹⁶ Cole Slaw ¹⁰ Corn on the Cob ¹⁸ Hushpuppies ¹² Rice Krispie Treats ⁸	28 BAKED ZITI ²⁹ W/GARDEN SALAD ² AND BREADSTICK ¹⁹ OR MINI CORN DOGS ³¹ Broccoli Spears ⁴ Fresh NC Red Delicious Apple ¹⁹	HAUNTING HAMBURGER ²⁶ OR MUMMIE DOG W/CHILI ²⁵ Lurking Lettuce ¹ Terrified Tomatoes ¹ Frightening Fries ¹⁶ Ghostly Green Beans ³ Spooky Cupcake ³⁸
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”