

October 2017 Elementary School LUNCH

Meal Pattern

Choice of Entrée,
Grain/Bread,
Vegetable, Fruit,
Milk

Milk Choices of
1%-14 or Fat Free
Chocolate-20 are
offered daily

Juice-14 is offered
on Mondays &
Fridays only

Craisins/Raisins-29
are offered daily

October

National Apple Month
National School Lunch
Week (October 9-13)



five two one
almost none

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

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Meatloaf-7 w/ *Roll-29 *Popcorn Chicken-9 w/ *Roll-29 Mashed Potatoes-14 Steamed Broccoli-5 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Fresh Nectarine-15 Pineapple Tidbits-19	*Sloppy Joe Sandwich-37 *Corn Dog-30 Garden Salad w/ Cheese -18 & *Breadstick- 18 Peas-11 Baked Sweet Potato-12 w/ cinnamon toping-11 Fresh Banana-27 Fruit Cocktail-15	Spaghetti-29 *Chick Fillet Sandwich-42 Chicken Garden Salad-27 w/ *Roll-29 Caesar side Salad-8 Mixed Veggies-4 Fresh Watermelon Slices-7 Applesauce-14	*Stuffed Crust Pizza-34 5 Chicken Nuggets-13 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Local Fresh Apple-17 Sliced Peaches-14
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
*BBQ Sandwich-43 *Cheese Stuffed Sticks-30 w/ Marinara Sauce Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Cantaloupe Fruit Cocktail-15 Emoji Cup-22	*Orange Chicken-25 w/*Rice-6 *Cheeseburger-30 Chicken Caesar Salad-21 w/ *Roll-29 Steamed Broccoli-5 Glazed Carrots-19 Tomato-3 & Lettuce-3 Local Fresh Apple-17 Mandarin Oranges-17	*Turkey & Cheese Sub-35 *Chick Fillet Sandwich-42 Garden Salad with Cheese-18 & *Breadsticks-318 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Fresh Nectarine-15 Pineapple Tidbits-19	Baked Ziti-40 w/2 *Breadsticks-36 5 *Chicken Rings-14 w/ *Breadstick-18 Chef Garden Salad -15 w/ *Breadstick-18 Caesar side Salad-8 Fresh Cucumber Slices-4 Fresh Pear-23 Sliced Peaches-14	WORKDAY
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
WORKDAY	WORKDAY	_Breakfast for Lunch_ Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 Garden Salad w/ Cheese-18 & *Breadstick-18 Sliced or Grape Tomatoes-8 Tater Tots-14 Fresh Pear-23 Spiced Apples-19	Chili Mac & Cheese-29 *Stuffed Crust Pizza-34 Chicken Garden Salad-27 w/ *Roll-29 Garden Side Salad-5 Glazed Carrots-19 Fresh Banana-27 Sliced Pears-15	-Cook Out Day- *Cheeseburgers-30 & *Hot Dogs-30 Baked Beans-27 Tater Tots-14 Tomatoes-3 & Lettuce-3 Fresh Grape Giggles-12 Fruit Cocktail-15
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Chicken Pot Pie-19 *Cheese Pizza-34 Sweet Potato Crinkle Fries-19 Peas & Carrots-14 Fresh Strawberries-7 Pineapple Tidbits-19	Teriyaki Chicken-14 *Noodles-26 *Cheeseburger-30 Chicken Caesar Salad-21 w/ *Roll-29 Stir Fry Veggies-5 Cauliflower-5 Tomatoes-3 & Lettuce-3 Fresh Pear-23 Sliced Peaches-14	Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J Sandwich-53 Garden Salad with Cheese-18 & *Breadstick-18 Steamed Broccoli-5 Carrots-6 w/dip Local Fresh Apple-17 Fruit Cocktail-15	Mac & Cheese-25 w/ Grilled Franks Oven Roasted Chicken-3 Chef Garden Salad-15 w/ *Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Cornbread-25 Fresh Cantaloupe Cubes-10 Craisins-28	*Fish Fillet Sandwich-42 BBQ Dinner-17 w/ 2 Hushpuppies-15 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Banana-27 Sliced Pears-15
Monday, October 30	Tuesday, October 31			
-Breakfast for Lunch Day- Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 Sliced or Grape Tomatoes-8 Tater Tots-14 Fresh Watermelon Cubes-7 Spiced Apples-19	*Chicken Fajita -30 *Cheese Quesadilla-30 Chicken Caesar Salad-21 w/ *Roll-29 Onions-1, Peppers-1, Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Black Beans-20, Corn-16 Local Fresh Apple-17 Craisins-28			

*Notes items that are whole grain or contain whole grain.
Numbers listed to the right of each item are total carbohydrates in grams.