

# October 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Golden Chicken Nuggets Macaroni & Cheese Honeyed Carrot Coins Fresh Pineapple Milk	<b>1</b> Sloppy Joe Roasted Red Potatoes Banana Chocolate Chip Muffin Crisp Apple Milk	<b>2</b> Stuffed Crust Pizza Sweet Spinach Salad Baby Carrots Fruit Salad Rice Crispy Treat Milk	<b>3</b> White Chicken Chili <u>or</u> Chicken Noodle Soup Cornbread Cucumber Slices Mandarin Oranges Milk	<b>4</b> Hoagie Baked Chips Fresh Broccoli Fruit Smoothie Milk
<b>7</b> Asian Chicken Savory Rice Stir-fry Veggies Mandarin Oranges Milk	<b>8</b> Chicken Parmesan Garlic Bread Tossed Salad Fresh Celery w/ Hummus Applesauce Milk	<b>9</b> Homemade Waffles w/ Syrup Sausage Patty Hash Brown Orange Juice Yogurt Cup Milk	<b>10</b> Pulled Pork on Bavarian Pretzel Roll Creamy Crunchy Corn Cucumber Slices Banana Milk	<b>11</b> Chicken Flatbread Sandwiches Curly Fries Diced Peaches Milk
<b>14</b> Tomato Soup Grilled Cheese Sandwich Cucumber Slices Fresh Grapes Milk	<b>15</b> Big Valley Burger Smile Fries Diced Peaches Creamy Pudding Cup Milk	<b>16</b> Chicken Quesadillas Savory Rice Salsa w/ Corn Chips Fruit Slush Milk	<b>17</b> Walking Tacos Refried Beans Banana Ice Cream Cup Milk	<b>18</b>  <i>Teacher In Service</i> (NO SCHOOL)
<b>21</b> Hot Dog Baked Beans Tater Tots Diced Pears Milk	<b>22</b> Broccoli Cheese <u>or</u> Potato Soup Soft Pretzel Pepper Slices Diced Peaches Milk	<b>23</b> Meatball Sub Mozzarella Cheese Stix Broccoli Salad Banana Milk	<b>24</b> Stromboli Squares Tossed Salad Cucumber Slices Fruit Salad Milk	<b>25</b> Grilled Chicken Salad w/ Dinner roll <u>or</u> Chicken Croissant Sandwich Sweet Potato Fries Diced Pears Milk
<b>28</b> Open-faced Hot Turkey Sandwich w/ Gravy Mashed Potatoes Seasoned Peas Diced Peaches Milk	<b>29</b> Baked Potato Cowboy Beans Cheesy Broccoli Fresh Grapes Pumpkin Squares Milk	<b>30</b> Meatball Stroganoff Dinner Roll Green Beans Applesauce Milk	<b>31</b> Chicken Patty <u>or</u> Fish Sandwich Scalloped Potatoes Baby Carrots Mandarin Oranges Milk	<b>1</b> Super Nachos Seasoned Corn Fresh Veggies Frozen Fruit Cup Brownie Milk

In accordance with the USDA guidelines, students must choose at least 3 of the 5 meal components, one of which must be a fruit or vegetable side.

Each day, students may choose to order a Chef Salad as a substitute for the main entrée listed on our lunch menu.

Milk Choices:  
(with every meal)  
1% White  
1% Chocolate

**Lunch Prices:**  
**Elem \$2.65**  
**MS/HS \$2.85**  
**Reduced \$0.40**  
**Extra Milk \$0.50**



*Menu subject to change*