

October 2017

Lunch Menu

- **All Pasta served will be whole wheat products
- **All bread items served will be offered on whole wheat bread
- **Only Fat free and Low fat milk will be offered
- **Peanut butter and Jelly is served as an alternate meal
- **Students are offered unlimited fruits and vegetables only

“USDA is an equal opportunity and provider and employer.”

****Menu is subject to change****

\$2.80 a day per meal

\$2.80 x 21 meals = \$58.80 for the month

.35 cents for extra milk

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|----------|
| 1 | 2 Grilled Cheese, Tomato soup, Carrot Sticks, Milk | 3 Egg Salad, Sandwich, Celery Sticks, Apples, Milk | 4 Chicken Enchiladas, Black Beans, Broccoli, Peaches, Milk | 5 Beef Stroganoff w/Noodles, Spinach, Pears, Milk | 6 Bagged lunches: Ham & Cheese or PBJ, Fruit, Carrot Sticks, Milk | 7 |
| 8 | 9 No School | 10 11:30 Dismissal bagged lunch available: Turkey & Cheese or PB & J, Fruit, Vegetable, Milk | 11 Macaroni & Cheese, Fruit Salad, Corn, Milk | 12 Chef Salad, Rolls, Fruit, Milk | 13 Chicken Stir Fry, Rice, Fruit, Milk | 14 |
| 15 | 16 Cheese Quesadillas Celery Sticks, Mexican Corn, Apples, Milk | 17 Vegetable Lasagna Garlic Bread, Peaches, Milk | 18 Hot Dogs/Roll Baked Beans, Pineapple, Milk | 19 Chicken Alfredo with Broccoli, Bananas, Milk | 20 Fish Sticks, Mashed Potatoes, Vegetable, Mandarin Oranges, Milk | 21 |
| 22 | 23 Corn Chowder Egg Salad Sandwich Pears, Milk | 24 Spaghetti w/meat sauce Garlic Bread, Peaches, Milk | 25 Crispy Chicken Salad Red Kidney Beans, Watermelon, Milk | 26 Shepherd's Pie Spinach, Mandarin Orange, Milk | 27 Pizza, Salad, Pears, Milk | 28 |
| 29 | 30 | 31 | | | | |