


**OCTOBER**

**ELEMENTARY LUNCH**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |         |        |       |         |      |        |   |   |
|---|--|---|--|--|---------|--------|-------|---------|------|--------|---|---|
| <p>Whole Grain Cereals, Low Fat Yogurt, Whole Grain Muffins or Bagels will be Offered Daily for Breakfast.</p> <p>Fresh Fruit or Vegetables and Assorted Juices will be Offered Daily for Breakfast &amp; Lunch.</p> <p>Low Fat Chef's Salad will be Offered Daily as a Second Lunch Entrée.</p> <p>A choice of 1% White or Chocolate Skim Milk is offered daily for Breakfast and Lunch.</p> |   | <p>National School Lunch Week<br/>October 12<sup>th</sup> - 16<sup>th</sup></p> <p>Visit <a href="http://www.allstarschoollunch.org/">http://www.allstarschoollunch.org/</a><br/>To see why these School Lunches are All Stars!</p> <p style="text-align: center;"><u>LUNCH MEAL PRICES</u></p> <table border="0"> <tr><td>K-12</td><td>\$ 2.00</td></tr> <tr><td>Reduced</td><td>\$ .40</td></tr> <tr><td>Adult</td><td>\$ 3.25</td></tr> <tr><td>Milk</td><td>\$ .50</td></tr> </table> | K-12   | \$ 2.00  | Reduced | \$ .40 | Adult | \$ 3.25 | Milk | \$ .50 | <p>10/1</p> <p>Garden Burger w/Lettuce &amp; Tomato, Potato Wedges, Green Beans, Fresh Fruit Juice or Canned Fruit, Milk</p> <p style="text-align: center;"><b>Vegetarian Day</b></p> | <p>10/2</p> <p>Hot Dog on Bun w/Chili or Manager's Choice Entree, Baked Beans, Cole Slaw, Fresh Fruit Juice or Canned Fruit, Milk</p> |
| K-12  |  |   | \$ 2.00  |  |         |        |       |         |      |        |   |   |
| Reduced   | \$ .40   |   |  |  |         |        |       |         |      |        |   |   |
| Adult   | \$ 3.25  |   |  |  |         |        |       |         |      |        |   |   |
| Milk  | \$ .50   |   |  |  |         |        |       |         |      |        |   |   |
| <p>10/5</p> <p>Chicken Fajitas w/Toppings<br/>Pinto Beans, Fresh Fruit<br/>Juice or Canned Fruit, Milk</p>  | <p>10/6</p> <p>Salisbury Steak w/ Gravy, Mashed Potatoes, Succotash<br/>Fresh Fruit, Juice or Canned Fruit, Milk</p>       | <p>10/7</p> <p>Spaghetti w/ Meat Sauce, Tossed Salad, Steamed Broccoli, Whole Wheat Breadstick, Fresh Fruit<br/>Juice or Canned. Fruit, Milk</p>  | <p>10/8</p> <p>Baked or BBQ Chicken<br/>Asian Rice, Green Beans<br/>Fresh Fruit, Juice or Canned Fruit Milk</p>  | <p>10/9</p> <p>Fish Fillet Sandwich w/Lettuce &amp; Tomato or Manager's Choice Entrée, Mixed Vegetables, Fresh Fruit, Juice or Canned Fruit Milk</p>           |         |        |       |         |      |        |   |   |
| <p>10/12</p> <p><b>CP's Pizza:</b><br/>Whole Grain Cheese Pizza<br/>Fresh Baby Carrots, Plums<br/>Golden Sweet Potato Brownie<br/>Milk</p>  | <p>10/13</p> <p><b>Dwight's Quesadilla:</b><br/>Cheese Quesadilla<br/>Mexicali Corn<br/>Apples, Milk</p>                   | <p>10/14</p> <p><b>Vince's Veggies:</b><br/>Chef Salad w/Turkey or Baked or BBQ Chicken<br/>Fresh Fruit<br/>Whole Wheat Breadstick, Milk</p>  | <p>10/15</p> <p><b>Nash's Noodles:</b><br/>Chicken Parmesan w/Noodles &amp; Marinara Sauce, Green Beans, Fruit Cocktail<br/>Whole Wheat Breadstick, Milk</p> | <p>10/16</p> <p><b>Taurasi's Teriyaki:</b><br/>Beef &amp; Vegetable Teriyaki Rice Bowl or Manager's Choice Entrée, Steamed Cabbage<br/>Orange Wedges, Milk</p> |         |        |       |         |      |        |   |   |
| <p>10/19</p> <p>Chicken &amp; Rice<br/>Steamed Broccoli<br/>Carrot Sticks w/Dip<br/>Fresh Fruit &amp; Fruit Cup, Milk</p>   | <p>10/20</p> <p>Beefaroni<br/>Tossed Salad, Green Beans<br/>Fresh Fruit, Juice or Canned Fruit, Milk</p>                   | <p>10/21</p> <p>Breaded Chicken Sandwich w/Lettuce &amp; Tomato, Broccoli<br/>Medley w/Cheese Sauce, Fresh Fruit, Juice or Canned Fruit, Milk</p>   | <p>10/22</p> <p>Jenni-O Sliced Turkey w/Gravy, Mashed Potatoes, Turnip Greens<br/>Whole Wheat Breadstick<br/>Fresh Fruit, Milk</p>                           | <p>10/23</p> <p style="text-align: center;"><b>TEACHER WORKDAY<br/>NO SCHOOL</b></p>   |         |        |       |         |      |        |   |   |
| <p>10/26</p> <p style="text-align: center;"><b>PROFESSIONAL<br/>DEVELOPMENT DAY<br/>NO SCHOOL</b></p>   | <p>10/27</p> <p>Beef Teriyaki Bites<br/>Asian Rice, Steamed Cabbage, Peas, Fresh Fruit<br/>Juice or Canned Fruit, Milk</p> | <p>10/28</p> <p><b>Breakfast for Lunch:</b><br/>Jenni-O Turkey Sausage Patty<br/>Scrambled Eggs, Grits or Toast,<br/>Fresh Fruit, Juice or Canned Fruit<br/>Milk</p>  | <p>10/29</p> <p>Nachos w/Taco Meat<br/>Lettuce/Tomato/Salsa/Cheese,<br/>Pinto Beans, Mexicali Corn<br/>Fresh Fruit, Juice or Canned Fruit<br/>Milk</p>       | <p>10/30</p> <p>Hot Dog on Bun w/Chili or Manager's Choice Entrée,<br/>Baked Beans, Cole Slaw, Fresh Fruit<br/>Juice or Canned Fruit, Milk</p>                 |         |        |       |         |      |        |   |   |