

October 2018 Lunch Menu: K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Sloppy Joes Coleslaw Seasoned fries Orange smiles Milk Alternate: Turkey & cheese sandwich	Pizza strips Cheese sticks Fresh cauliflower & broccoli Applesauce Milk Alternate: Ham & cheese sandwich	Breaded pork patty Mashed potatoes & gravy Diced carrots /Whole grain roll /Peaches / Milk /Alternate: Yogurt, cheese stick & graham crackers	Chicken strips Baked beans Red pepper strips Whole grain roll Pineapple Milk Alternate: Turkey & cheese sandwich	Chili Goldfish crackers Baby carrots & cucumber slices Pears Milk Alternate: Yogurt, cheese stick & goldfish crackers
8	9	10	11	12
Chicken patty on a whole grain bun Broccoli Fruit cocktail Milk Alternate: Ham & cheese sandwich	Turkey & gravy over mashed potatoes Diced carrots Whole grain bread Peaches Milk Alternate: Yogurt, cheese stick & whole grain bread	Sub sandwich Tomato slices Green bean medley Apple slices Milk Alternate: Yogurt, cheese stick & whole grain roll	Little Caesar's pizza Cauliflower Orange wedges Milk Alternate: Ham & cheese sandwich	Cheese quesadilla Refried beans Red pepper strips Pears Milk Alternate: Yogurt, cheese stick & whole grain roll
15	16	17	18	19
Hamburger on a whole grain bun Corn Baked beans Grapes Milk Alternate: Turkey Sandwich	Walking tacos with seasoned beef, cheese, romaine, diced tomatoes, black beans & salsa Whole grain bread Pineapple / Milk Alt: Yogurt, cheese stick, whole gr. bread	Little Caesar's pizza Broccoli Pears Milk Alternate: Ham sandwich	Popcorn chicken Mixed greens with grape tomatoes Whole grain roll Peaches Milk Alternate: Yogurt, cheese stick & whole grain roll	Turkey sandwich Minestrone soup Baby carrots & celery sticks Watermelon Milk Alternate: Yogurt, cheese stick & whole grain roll
22	23	24	25	26
Hot dog on a whole grain bun Fresh Cauliflower Broccoli florets Apple slices Milk Alternate: Turkey Sandwich	Little Caesar's Pizza Baked beans Tater tots Apple sauce Milk Alternate: Ham sandwich	Spaghetti Mixed greens with grape tomatoes Peaches Milk Alternate: Yogurt, cheese stick & whole grain roll	Meatballs & gravy over mashed potatoes Diced carrots Whole grain roll Peaches Milk Alternate: Turkey sandwich	Chef's Salad with ham, cheese & fresh veggies Whole grain roll Watermelon Milk Alternate: Yogurt, cheese stick, whole grain roll
29	30	31		
Chicken strips Baby carrots & cucumber slices Whole grain roll Pears Milk Alternate: Ham sandwich	Taco Salad Tortilla Chips Black Beans Whole grain roll Pineapple Milk Alternate: Ham & Cheese Sandwich	Halloween Nuggets Baby carrots Cucumber Slices Whole grain roll Pears Milk Alternate: Yogurt, cheese stick, whole grain roll		

Milk choices available daily are 1% chocolate, fat free white & 1% white. Chef's salads are available as an alternate choice every day.

Early Release Day - 10/10 and 10/24
This institution is an equal opportunity provider.