



October 2017

LUNCH MENU – Grades PreK-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Hot Dog on Whole Grain Bun Celery w/ Lowfat Dip or Peanut Butter Sweet Potato Fries Fresh Fruit Milk</p>	<p>3</p> <p>Chicken Penne Steamed Broccoli Baby Carrots w/ Lowfat Dip Mandarin Oranges Whole Grain Breadstick w/ Cheese Milk</p>	<p>4</p> <p>Pork BBQ on Whole Wheat Bun Baked Fries Green Beans Grapes Graham Crackers Milk</p>	<p>5</p> <p>Chicken Nuggets California Blend Carrots w/ Lowfat Dip Whole Wheat Dinner Roll Canned Fruit Milk</p>	<p>6</p> <p>Taco Salad Salsa/Beans Tomato and Cucumbers Tortilla Chips Double Chocolate Bar Fresh Fruit Milk</p>
<p>9</p> <p>Turkey and Cheese on Whole Grain Bread Carrots w/ Lowfat Dip Baked Beans Applesauce Milk</p>	<p>10</p> <p>Pizza Celery w/ Lowfat Dip Cooked Cauliflower Fresh Fruit Milk</p>	<p>11</p> <p>Beef Stew Carrots/Broccoli w/ Lowfat Dip Diced Pineapple Cornbread Milk</p>	<p>12</p> <p>Hoagie Mixed Vegetables Baked Fries Fresh Fruit Milk</p>	<p>13</p> <p>Chicken à la King over Whole Grain Biscuit Cooked Carrots Romaine Salad w/ Lowfat Dressing Canned Fruit Milk</p>
<p>16</p> <p>Whole Grain Mini Corndogs Celery w/ Lowfat Dip or Peanut Butter Baked Fries Whole Wheat Bread Fresh Fruit Milk</p>	<p>17</p> <p>Baked Chicken Steamed Broccoli Carrots w/ Lowfat Dip Diced Strawberries Whole Wheat Dinner Roll Milk</p>	<p>18</p> <p>Lasagna Green Beans Celery w/ Lowfat Dip or Peanut Butter Whole Grain Garlic Bread Fresh Fruit Milk</p>	<p>19</p> <p>Grilled Cheese on Whole Grain Bread Tomato Soup Romaine Salad w/ Lowfat Dressing Carrots w/ Lowfat Dip Applesauce Milk</p>	<p>20</p> <p>BBQ Drummies Baked Beans California Blend Fresh Fruit Whole Wheat Dinner Roll Milk</p>

<p style="text-align: right;">23</p> <p>Popcorn Chicken Baked Fries Carrots w/ Lowfat Dip Canned Fruit Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">24</p> <p>Sloppy Joe on Whole Wheat Bun Baked Beans Sweet Potato Fries Fresh Fruit Milk</p>	<p style="text-align: right;">25</p> <p>BBQ Chicken Breast Steamed Broccoli Celery w/ Lowfat Dip or Peanut Butter Whole Wheat Dinner Roll Canned Fruit Milk</p>	<p style="text-align: right;">26</p> <p>Pizza Romaine Salad w/ Lowfat Dressing Mixed Vegetables Fresh Fruit Milk</p>	<p style="text-align: right;">27</p> <p>Sandwich or Sub Carrots/Celery w/ Lowfat Dip Fruit Graham Crackers Milk</p>
<p style="text-align: right;">30</p> <p>Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Sweet Potato Fries Baby Carrots w/ Lowfat Dip Fresh Fruit Milk</p>	<p style="text-align: right;">31</p> <p>Frankenstein Fingers w/ Roll Bugs in Sauce Cheesy Brains School Made Dessert Roll Green Eyeballs Milk</p>	<p style="text-align: center;">November 1</p> <p>Pizza Romaine Salad w/ Lowfat Dressing Baby Carrots w/ Lowfat Dip Canned Fruit Milk</p>	<p style="text-align: right;">2</p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Whole Wheat Dinner Roll Craisins Milk</p>	<p style="text-align: right;">3</p> <p>Turkey or Chicken Pot Pie Cooked Carrots Cucumbers/Tomatoes w/ Lowfat Dip Whole Wheat Dinner Roll Fresh Fruit Milk</p>

"This institution is an equal opportunity employer and provider."