

OCTOBER

Elementary Lunch Menu



Fresh, Healthy and Good for You!



Elementary Salad Bar Nutrition

Salad Bar Options are offered **Tuesday, Thursday and Friday's** with each menu entree. Options may include fresh leafy greens, fresh vegetables, fruits, beans, cheese, and more.

Breakfast Meal Price \$1.75
Lunch Meal Price: \$3.25
Extra milk 1% or Non-fat White: \$0.50



Fruit Nutritionals



Milk Nutritionals

Milk and fresh seasonal fruit offered daily with each entree.

NOTICE: The data contained within this report and the NUTRIKIDS@ Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>TEACHER IN-SERVICE DAY NO SCHOOL!</p>	<p>3</p> <p>Street Pork Tacos Chicken Tacos Whole Grain Tortillas Spanish Rice Tortilla Chips Jalapeno Cheese Sauce</p> <p>Salad Bar</p> <p>100% Vegetable Juice Nutrition offered Tues & Fri</p>	<p>4</p> <p>Mandarin Orange Chicken Brown Rice Roasted Broccoli</p>	<p>5</p> <p>UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza</p> <p>Salad Bar</p>	<p>6</p> <p>Tahoe Burger Tahoe Cheeseburger Baked Curly Fries</p> <p>Salad Bar</p>
<p>9</p> <p>Spaghetti Garlic Bread Romaine Salad With Ranch</p>	<p>10</p> <p>Beef Taco Filling Turkey Tacos Tortilla Chips Whole Grain Tortillas Spanish Rice Jalapeno Cheese Sauce</p> <p>Salad Bar</p>	<p>11</p> <p>Sweet Chili Thai Chicken Brown Rice Edamame</p> <p>All Schools Minimum Day</p>	<p>12</p> <p>UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza</p> <p>Salad Bar</p>	<p>13</p> <p>Herb Roasted Chicken Mashed Potatoes</p> <p>Salad Bar</p>
<p>16</p> <p>Tomato Basil Soup Garlic Bread</p>	<p>17</p> <p>Street Pork Tacos Chicken Tacos Tortilla Chips Whole Grain Tortillas Spanish Rice Jalapeno Cheese Sauce</p> <p>Salad Bar</p>	<p>18</p> <p>Mandarin Orange Chicken Brown Rice Roasted Broccoli</p>	<p>19</p> <p>UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza</p> <p>Salad Bar</p>	<p>20</p> <p>Tahoe Burger Tahoe Cheeseburger Baked Waffle Cut Fries</p> <p>Salad Bar</p>
<p>23</p> <p>Spaghetti Garlic Bread Romaine Salad With Ranch</p>	<p>24</p> <p>Beef Taco Filling Turkey Tacos Tortilla Chips Whole Grain Tortillas Spanish Rice Jalapeno Cheese Sauce</p> <p>Salad Bar</p> <p>Elementary schools - minimum day all week</p>	<p>25</p> <p>Sweet Chili Thai Chicken Brown Rice Edamame</p>	<p>26</p> <p>UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza</p> <p>Salad Bar</p>	<p>27</p> <p>Herb Roasted Chicken Mashed Potatoes</p> <p>Salad Bar</p>
<p>30</p> <p>Tomato Basil Soup Garlic Bread</p>	<p>31</p> <p>Pumpkin Mousse Street Pork Tacos Chicken Tacos Tortilla Chips Whole Grain Tortillas Spanish Rice Jalapeno Cheese</p> <p>Salad Bar</p>	<p>Visit www.ttusdhealthymeals.org</p> <p><i>Unexpected menu changes may occur due to availability and weather.</i></p> <p>This institution is an equal opportunity provider.</p>		