



Elementary School Lunch Menu October 2017

National Farm to School Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatballs <u>Baja Bean Salad w/Tortilla Strips (V)</u> Tuna Salad Sub Seasoned Green Beans	3 Potato Crusted Fish Nuggets w/Macaroni & Cheese <u>Bean Tacos (V)</u> Grilled Cheese w/Tomato Soup (V) Seasoned Tater Tots	4 Cheese Pizza Pepperoni Pizza <u>Veggie Quesadilla w/Tortilla Chips (V)</u> Turkey & Cheese Sandwich Sweet Potato Fries	5 <u>Red Beans & Rice</u> Chicken Chunk Bites All American Salad (V) Kickin' Pintos Dinner Roll	6 Sweet & Sour Chicken with Vegetables & Fluffy Rice <u>Spicy Black Bean Burger (V)</u> Hamburger Cheeseburger Collard Greens
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Meatloaf with Sauce Three Cheese Sub (V) Turkey Sausage Pizza Mashed Potatoes Dinner Roll	17 Cajun Chili Cheese Fries Ranch Chicken Salad Veggie Quesadilla (V) Chipotle Campfire Beans Dinner Roll	18 Penne Alfredo w/Breadstick Turkey & Swiss Melt Veggies w/Hummus & Flatbread (V) Seasoned Broccoli	19 Chicken Nuggets w/Breadstick Tuna Salad Sandwich Cheesy Calzone (V) Sweet Potato Fries	20 Chicken Chili w/Whole Grain Saltines Cheeseburger Cheese Pizza (V) Seasoned Green Beans
23 Salisbury Steak w/Brown Rice Mediterranean Vegetable Wrap (V) Sausage Pizza Seasoned Green Peas	24 Chicken Nuggets w/Dinner Roll Cheeseburger Greek Salad w/Dinner Roll (V) Charro Beans	25 Enchilada Casserole (V) Tuna Salad Sandwich Flatbread Buffalo Chicken Pizza Seasoned Green Beans	26 Orange Chicken & Broccoli w/Vegetarian Fried Rice Rice & Bean Salad w/Tortilla Chips (V) Chicken Fajitas w/Cilantro Lime Rice Sweet Potato Fries	27 BBQ Chicken w/Cornbread All American Sandwich Bean & Cheese Nachos w/Brown Rice (V) Sautéed Kale
30 Chili Mac w/Dinner Roll Spicy Chicken Sandwich Cheese Pizza (V) Seasoned Mixed Vegetables	31 Country Chicken Bowl w/Dinner Roll Egg Salad Sub (V) Turkey Sausage Pizza Seasoned Broccoli	1 Chicken Enchilada w/Rice & Corn Salad Turkey Ham & Cheese Sandwich Chana Masala w/Brown Rice (V) Ginger Carrots	2 Korean Stew w/Flatbread Breaded Chicken Caesar Salad w/ Dinner Roll Flatbread Herb Cheese Pizza (V) Seasoned Green Peas	3 Chicken Nuggets w/Dinner Roll Baja Bean Salad w/Dinner Roll Beef Quesadilla w/Mexican Spiced Rice (V) Campfire Beans

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(V) = Vegetarian

OFFERED DAILY: 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk

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This institution is an equal opportunity provider.

All menus are subject to change based on product availability





October 2017

APS Salad Bowl Elementary School



Served Every Day:
Tossed Leafy Greens, Cucumbers & Tomatoes
Onions (sliced/diced), Jalapeno Peppers, & Pickles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Red Pepper Strips Fresh Fruit Mixed Fruit	3 Broccoli Bites Fresh Fruit Sliced Peaches	4 Zucchini Slices Fresh Fruit Sliced Pears	5 Celery Sticks Fresh Fruit Applesauce	6 Baby Carrots Fresh Fruit Pineapple Tidbits
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Three Bean Salad Fresh Fruit Sliced Pears	17 Fresh Celery Sticks Fresh Fruit Applesauce	18 Fresh Zucchini Slices Fresh Fruit Sliced Peaches	19 Baby Carrots Fresh Fruit Pineapple Tidbits	20 Fresh Red Pepper Strips Fresh Fruit Mixed Fruit
23 Broccoli Bites Fresh Fruit Sliced Peaches	24 Fresh Zucchini Slices Fresh Fruit Applesauce	25 Red Peppers Fresh Fresh Fruit Sliced Pears	26 Celery Sticks Fresh Fruit Pineapple Tidbits	27 Baby Carrots Fresh Fruit Mixed Fruit
30 Celery Sticks Fresh Fruit Sliced Pears	31 Red Pepper Strips Fresh Fruit Applesauce	1 Broccoli Bites Fresh Fruit Sliced Peaches	2 Baby Carrots Fresh Fruit Pineapple Tidbits	3 Coleslaw Fresh Fruit Mixed Fruit

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October 2017 Elementary School Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Oatmeal Raisin Bar Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	3 Country Chicken Biscuit Apple Cinnamon Muffin w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	4 Berry French Toast Assorted Cereal w/Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	5 Turkey Bacon Pizza Apple Orange Yogurt Smoothie Graham Crackers Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	6 Cherry Frudel Turkey Sausage Sandwich Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Banana Muffin w/Flavored Yogurt Flavored Oatmeal Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	17 Egg Cheese & Turkey Sausage Slider Blueberry Mini Waffles Assorted Cereal w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	18 Apple Frudel Cheesy Grits Assorted Cereal w/Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	19 Turkey Bacon Breakfast Pizza Maple Pancakes Assorted Cereal w/Flavored Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	20 Egg & Cheese Pocket Oatmeal Raisin Bar Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
23 Country Chicken Biscuit Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	24 Turkey Bacon Breakfast Pizza Berry French Toast Assorted Cereal w/Flavored Yogurt Fresh Fruit Pineapple 100% Fruit Juice Variety of Milk	25 Scrambled Eggs w/Whole Grain Biscuit Fruit & Cereal Bar Assorted Cereal w/Hard Cooked Eggs Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	26 Turkey Bacon Pizza Flavored Oatmeal Assorted Cereals w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	27 Egg & Cheese Pocket Banana Muffin Flavored Yogurt Assorted Cereals w/Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
30 Cheese Toast Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	31 Egg & Cheese Sandwich Flavored Oatmeal Assorted Cereal w/Flavored Yogurt Fresh Fruit Pineapple 100% Fruit Juice Variety of Milk	1 Turkey Sausage Breakfast Pizza Cheesy Grits Assorted Cereal w/Hard Cooked Eggs Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	2 Flavored Oatmeal Banana Muffin w/Flavored Yogurt Assorted Cereal w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	3 Scrambled Eggs Whole Grain Biscuit Grits Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk

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