

OCTOBER 2018

Elementary Lunch

MONDAY

1
 Cheeseburger
 Yogurt Meal
 Lettuce & Tomato Slice
 Mini Carrots w/ Dip
 Emoji Smile Potatoes
 Fresh Fruit Wedges
 Cool Tropics Fruit

8
 Deluxe Chicken
 Sandwich
 Yogurt Meal
 Crispy Baked Fries
 Mini Carrots w/ Dip
 Lettuce & Tomato
 Frozen Fruit Slushie
 Fresh Citrus Wedges

15
 Pulled Pork on Bun
 Corn Dog
 Yogurt Meal
 Baked Beans
 Sweet Potato Puffs
 Strawberry Cups
 Fruit Juice

22
 Cheeseburger
 Yogurt Meal
 Lettuce & Tomato Slice
 Baked Beans
 Emoji Smile Potatoes
 Fresh Fruit Wedges
 Cool Tropics Fruit

29
 Chicken Sandwich
 Pulled Pork on Bun
 Yogurt Meal
 Creamy Coleslaw
 Sweet Potato Puffs
 Frozen Fruit Cup
 Awesome Applesauce

TUESDAY

2
 Chicken Nuggets
 Crisp Chef Salad
 Divine Dinner Roll
 Creamed Potatoes
 Green Beans
 Diced Pear Cup
 Perfect Peaches

9
 Soft Beef Taco
 Loaded Baked Potato
 w/ Breadstick
 Turkey & Cheese Slider
 Lettuce, Tomato & Salsa
 Buttered Corn
 Terrific Black Beans
 Diced Pears/ Fruit Juice

16
 Chicken Tenders
 Crisp Chef Salad
 Divine Dinner Roll
 Creamed Potatoes
 Gorgeous Green Beans
 Perfect Peaches
 Frozen Fruit Cup

23
 Potato Bowl w/
 Diced Ham & Cheese
 Turkey & Cheese
 Croissant
 Crisp Chef Salad
 Garlic Breadstick
 Corn / Broccoli w/ Sauce
 Applesauce / Peaches

30
 Nacho Scoops
 Loaded Baked Potato
 w/ Breadstick
 Crisp Chef Salad
 Lettuce, Tomato & Salsa
 Buttered Corn
 Terrific Black Beans
 Mixed Fruit Cup/ Peaches

WEDNESDAY

3
 Baked Spaghetti
 Ham & Cheese Slider
 Crisp Chef Salad
 Garlic Bread Stick
 Romaine Garden Salad
 Bright Broccoli w/ Sauce
 Fresh Pineapple Slices
 Mixed Up Fruit Cup

10
 Chicken & Noodles
 Toasted Grilled Cheese
 Crisp Chef Salad
 Bread Stick
 Romaine Salad
 California Blend
 Perfect Fruit Crisp
 Fresh Kiwi Wedges

17
 Hot Dog w/ Chili
 Rib-E-Que on Bun
 Crisp Chef Salad
 Creamy Coleslaw
 Crispy Baked Fries
 Mixed Up Fruit Cup
 Cinnamon Apple Cobbler

24
 Breakfast for Lunch
 Scrambled Eggs, Gr
 Sausage & Biscuit
 Crisp Chef Salad
 Tasty Tater Wedges
 Mini Carrots w/ Dip
 Fruity Fruit Juice
 Orange Smiles

31
 Deli Combo Sandwich
 Grilled Cheese
 Baked Dorito's
 Lettuce & Tomato
 Fresh Veggies w/ Dip
 Red Strawberry Cup
 Fruit Juice
 Birthday Krispy

THURSDAY

4
 Nacho Scoops
 Loaded Baked Potato
 w/ Breadstick
 Crisp Chef Salad
 Lettuce, Tomato & Salsa
 Buttered Corn
 Terrific Black Beans
 Fruit Juice Strawberry Cup

11
 Kickin Chicken Rings
 Crisp Chef Salad
 Dinner Roll
 Rice & Gravy
 Gorgeous Green Beans
 Breaded Okra
 Perfect Peaches
 Fresh Pineapple Wedges

18
 Chicken & Rice
 Ham & Cheese Slider
 Toasted Grilled Cheese
 Garlic Bread Stick
 Romaine Salad
 Broccoli w/ Cheese Sauce
 Awesome Applesauce
 Diced Pears

25
 Kickin Chicken Rings
 Salisbury Steak w/ Gr
 Crisp Chef Salad
 Divine Dinner Roll
 Rice & Gravy
 Gorgeous Green Beans
 Diced Pear Cup
 Perfect Peaches

FRIDAY

5
 Mozzarella Cheese
 Sticks w/ Marinara
 Pizza Slice
 Yogurt Meal
 Smile Potatoes
 Romaine Garden Salad
 Plump Purple Grapes
 Orange Smiles

12
 French Bread Pizza
 Pepperoni or Cheese
 Hot Ham & Cheese
 Yogurt Meal
 Broccoli w/ Sauce
 Romaine Garden Salad
 Fruity Fruit Juice
 Mixed Up Fruit Cup

19
 Cheese or Pepperoni
 Pizza Slice
 Yogurt Meal
 Corn on Cob
 Romaine Garden Salad
 Fruity Fruit Juice
 Mixed Fruit Cup

26
 Mozzarella Cheese
 Sticks w/ Marinara
 Pizza Slice
 Yogurt Meal
 Corn on Cob
 Romaine Garden Salad
 Plump Purple Grapes
 Fruit Juice

We are excited that our Elementary schools will be serving lunch at NO cost to our students.

Join us for a 5 Star Lunch in our Schools

A 5 Star Meal includes one choice from each Food Group. A nutritious, balanced diet for students should include whole grains, fruits, vegetables, lean meat, beans, nuts and low-fat dairy products.

Eating smart and moving more is the cornerstone of a healthy lifestyle and provides a solid foundation for children and youth to succeed in school and in life.

Market conditions, delivery and/or availability of food may require a change in menus.

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

Revised 9-20-18

DID YOU KNOW...

October comes from the Latin word "octo" which means eight.