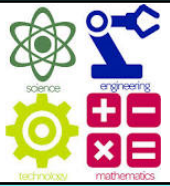




# October 2017

## BIG BEAR MIDDLE SCHOOL LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PB&J w/ Salad Bar Fruit, Fresh Variety Baby Carrots& Ranch Milk, 1% White Milk, FF Chocolate Milk, Strawberry	3 Deli Sandwich& Chips Fruit, Fresh Variety Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	4 Build your Burger Sliced Bell Peppers Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry	5 Nachos & Salad Bar Fruit, Fresh Variety Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	6 Tacos & Spanish Rice Fruit Cup Cucumber Slices Milk, 1% White Milk, FF Chocolate Milk, Strawberry
9 * FALL BREAK	10 * FALL BREAK	11 * FALL BREAK	12 * FALL BREAK	13 * FALL BREAK
16 * FALL BREAK	17 * FALL BREAK	18 * FALL BREAK	19 * FALL BREAK	20 * FALL BREAK
23 Spaghetti Garlic Texas Toast Fruit, Fresh Variety Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	24 Mozzarella Sticks & Fresh Veggies Fruit Cup Milk, FF Chocolate Milk, 1% White Milk, Strawberry	25 Pretzel, n'Salad Bar Fruit Cup Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	26 PB&J w/ Salad Bar Fruit, Fresh Variety Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry Fruit Cup	27 Spicy Popcorn CKN Rice, Spanish Style Fruit Cup Cucumber Slices Milk, 1% White Milk, FF Chocolate Milk, Strawberry
30 Enchrito Burrito w/ Fruit, Fresh Variety Baby Carrots& Ranch Milk, 1% White Milk, FF Chocolate Milk, Strawberry	31 Tacos & Salad Bar Rice, Spanish Style Sliced Bell Peppers Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry			

### School News

Welcome Back  
Students and  
Families!!

Lunch Prices:  
Reduced NO COST  
Full pay \$3.00

Payments can be made  
at: [bearvalleyfs.com](http://bearvalleyfs.com) or  
send a check payable  
to Child Nutrition to  
your child's school  
cafeteria. Contact us  
at 909.866.4406 for  
assistance

Please complete a new  
meal application for  
the 2017-18 school  
year. Applications are  
available at your  
child's school office or  
you may apply on line-  
please visit  
[www.lunchapplication.com](http://www.lunchapplication.com).



Serving Date	Recipe	Allergens
10/02/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2180 - Turkey Wrap	Milk, Eggs
10/03/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2180 - Turkey Wrap	Milk, Eggs
10/04/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-2180 - Turkey Wrap	Milk, Eggs
	R-2241 - Build your Burger- HS	Eggs, Wheat, Soybeans
10/05/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
10/06/2017	R-2180 - Turkey Wrap	Milk, Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
R-1787 - Hamburger, HS	Wheat, Soybeans	
	R-2180 - Turkey Wrap	Milk, Eggs

10/23/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1071 - Spaghetti w/meat sauce	Eggs, Wheat
	R-1165 - Garlic Texas Toast	Milk, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
10/24/2017	R-2180 - Turkey Wrap	Milk, Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2180 - Turkey Wrap	Milk, Eggs
10/25/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2180 - Turkey Wrap	Milk, Eggs
	10/26/2017	R-0205 - Milk, 1% White
R-0206 - Milk, FF Chocolate		Milk
R-0281 - Cheeseburger		Eggs, Wheat, Soybeans
R-0404 - ORANGE CHICKEN MS/HS		Eggs, Wheat, Soybeans
R-1733 - Spicy Chicken Sandwich EL		Wheat, Soybeans
R-1748 - Garden Salad		Milk, Eggs
R-1787 - Hamburger, HS		Wheat, Soybeans
R-2180 - Turkey Wrap		Milk, Eggs
10/27/2017		R-0205 - Milk, 1% White
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2180 - Turkey Wrap	Milk, Eggs
	10/30/2017	R-0205 - Milk, 1% White
R-0206 - Milk, FF Chocolate		Milk
R-0281 - Cheeseburger		Eggs, Wheat, Soybeans

10/30/2017	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2180 - Turkey Wrap	Milk, Eggs
10/31/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-0404 - ORANGE CHICKEN MS/HS	Eggs, Wheat, Soybeans
	R-1733 - Spicy Chicken Sandwich EL	Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
R-2180 - Turkey Wrap	Milk, Eggs	