



Grades 1-5 October Lunch Menu



USDA Lunch requires students to take 3 of 5 food items, one being a fruit or vegetable. Lunch includes your choice of Non-Fat Chocolate or 1% White Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
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October

School lunch is free this school year!
A la carte water or milk = 50 cents

Current Menu Options are Pork Free

4 Chicken Nuggets Golden Corn Fruit Variety 1% White/NF Choc. Milk	5 Beef Taco Salad Crunchy Baby Carrots Fruit Variety 1% White/NF Choc. Milk	6 Chicken Corn Dog Baked Sweet Beans Fruit Variety 1% White/NF Choc. Milk	7 Beef Cheeseburger Sliders Crunchy Baby Carrots Fruit Variety 1% White/NF Choc. Milk	8 Bean & Cheese Burrito Golden Corn Fruit Variety 1% White/NF Choc. Milk
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Menu subject to change without notice

Celebrate National School Lunch Week with us! Special Treats with lunch on Wednesday 10/13 and Friday 10/15!

NATIONAL SCHOOL LUNCH WEEK! OCT 11 - OCT 15 National School Lunch Week celebrates the National School Lunch Program, which serves healthy meals to over 30 million students every school day!	Chicken Strips Mashed Potatoes Fruit Variety 1% White/NF Choc. Milk	Macaroni & Cheese <i>Strawberry Milk Available Today!</i> Baby Carrots & Fruit 1% White Milk	Breaded Chicken Patty Sandwich Side Salad Fruit Variety 1% White/NF Choc. Milk	Stuffed Mozzarella Sticks with Marinara Sauce <i>Raspberry Lemon Ice Cup!</i> Broccoli Buds & Fruit 1% White/NF Choc. Milk
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Seasonal Fresh Fruit When Available

18 Cheese Quesadilla with Salsa Golden Corn Fruit Variety 1% White/NF Choc. Milk	19 Chicken Nuggets Baked Sweet Beans Fruit Variety 1% White/NF Choc. Milk	20 Cheese Pizza <i>Brownie Bite</i> Cool Cucumbers & Fruit 1% White/NF Choc. Milk	21 Beef Cheeseburger Sliders Side Salad Fruit Variety 1% White/NF Choc. Milk	22 Chicken Corn Dog <i>Chocolate Chip Cookie</i> Golden Corn & Fruit 1% White/NF Choc. Milk
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25 Stuffed Mozzarella Sticks with Marinara Sauce Broccoli Buds Fruit Variety 1% White/NF Choc. Milk	26 Beef Pepperoni Pizza Side Salad Fruit Variety 1% White/NF Choc. Milk	27 Chicken Strips Golden Corn Fruit Variety 1% White/NF Choc. Milk	28 Grilled Cheese Sandwich <i>Fun & Fitness Cookies</i> Cool Cucumbers & Fruit 1% White/NF Choc. Milk	29  Bean & Cheese Burrito <i>EEEE! Halloween Ice Cup!</i> <i>(100% Fruit!)</i> Golden Corn & Fruit 1% White/NF Choc. Milk
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www.ESDChildNutrition.com

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