

TK & K October Lunch Menu

USDA lunch requires five food components are served: Students will receive a Grab&Go bag with an entrée, fruit, vegetable, and 8oz. milk.

Monday **Tuesday** **Wednesday** **Thursday** **Friday**



October



1
Cheese & Pizza Sauce Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

School lunch is free this school year!

A la carte water or milk = 50 cents

Current Menu Options are Pork Free

4
Turkey Ham & Cheese Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

5
Wowbutter & Jelly No-Crust Sandwich
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

6
Turkey & Cheese Sub
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

7
Turkey Pepperoni Pizza Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

8
Tortilla Chips and Cheddar Cheese Cup
Chocolate Chip Cookie
Baby Carrots & Fruit
8 oz. Milk

Seasonal Fresh Fruit When Available

**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!

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

Wowbutter & Jelly No-Crust Sandwich
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

Turkey & Cheese Sub
8 oz. Strawberry Milk! (Non-fat)
Crunchy Baby Carrots
Fruit Variety

Tortilla Chips and Cheddar Cheese Cup
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

Cheese & Pizza Sauce Lunch Kit
Trix Cherry Yogurt!
Baby Carrots & Fruit
8 oz. Milk

Menu subject to change without notice

18
Turkey Ham & Cheese Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

19
Wowbutter & Jelly No-Crust Sandwich
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

20
Turkey & Cheese Sub
Brownie Bite
Baby Carrots & Fruit
8 oz. Milk

21
Turkey Pepperoni Pizza Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

22
Tortilla Chips and Cheddar Cheese Cup
Chocolate Chip Cookie
Baby Carrots & Fruit
8 oz. Milk



25
Turkey Ham & Cheese Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

26
Wowbutter & Jelly No-Crust Sandwich
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

27
Turkey & Cheese Sub
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

28
Tortilla Chips and Cheddar Cheese Cup
Fun & Fitness Cookies
Baby Carrots & Fruit
8 oz. Milk

29
Cheese & Pizza Sauce Lunch Kit
Crunchy Baby Carrots
Fruit Variety
8 oz. Milk

www.ESDChildNutrition.com

This institution is an equal opportunity provider