

# NES/HES LUNCH MENU

OCTOBER 2017

MONDAY 10/2	TUESDAY 10/3	WEDNESDAY 10/4	THURSDAY 10/5	FRIDAY 10/6
<b>WEEK 3</b>				
HAM & CHEESE SANDWICH POTATO WEDGES FRESH APPLE WEDGES ASST NONFAT & LOWFAT MILK	CHICKEN NUGGETS  CALI BLEND W/ CHEESE SAUCE GARLIC BREADSTICK BANANA ASST NONFAT & LOWFAT MILK	<b>BREAKFAST FOR LUNCH</b> PANCAKES W/ SYRUP TURKEY SAUSAGE PATTY EGG PATTY TATOR TOTS ASST FRUIT JUICE ASST NONFAT & LOWFAT MILK 	 PAPA JOHN'S PIZZA SLICE FRESH GARDEN SALAD BABY CARROTS W/DIP ASST FRUIT OR JUICE FRESH BAKED BROWNIE ASST NONFAT & LOWFAT MILK	BOSCO STICKS W/ MARINARA SAUCE SEASONED CORN ASST FRUIT OR JUICE ASST NONFAT & LOWFAT MILK
MONDAY 10/9	TUESDAY 10/10	WEDNESDAY 10/11	THURSDAY 10/12	FRIDAY 10/13
<b>WEEK 4</b>				
CRISPY CHICKEN SANDWICH LETUCE/ TOMATO SLICES FRENCH FRIES ORANGE WEDGES TEDDY GRAHAMS ASST NONFAT & LOWFAT MILK	SPAGHETTI W/ MEAT SAUCE STEAMED BROCCOLI GARLIC BREADSTICK ASST NONFAT & LOWFAT MILK 	<b>BRUNCH FOR LUNCH!</b> FRENCH TOAST SAUSAGE PATTY TATOR TOTS ASST FRUIT OR JUICE ASST NONFAT & LOWFAT MILK	PAPA JOHN'S PIZZA SLICE ROMAINE GARDEN SALAD FRESH CHERRY TOMATOES ASST FRUIT OR JUICE FRESH BAKED COOKIE ASST NONFAT & LOWFAT MILK	BBQ RIB SANDWICH W/ PICKLES BAKED BEANS MOZZ CHEESE STICK ASST FRUIT OR JUICE ASST NONFAT & LOWFAT MILK
MONDAY 10/16	TUESDAY 10/17	WEDNESDAY 10/18	THURSDAY 10/19	FRIDAY 10/20
<b>WEEK 1</b>				
<b>FALL BREAK!</b>	<b>FALL BREAK!</b>	<b>FALL BREAK!</b>	<b>FALL BREAK!</b>	<b>FALL BREAK!</b>
SHOW KINDNESS, DO SOMETHING NICE FOR SOMEONE!				
MONDAY 10/23	TUESDAY 10/24	WEDNESDAY 10/25	THURSDAY 10/26	FRIDAY 10/27
<b>WEEK 2</b>				
<b>BACK BY POPULAR DEMAND!</b> TONY'S PIZZA ASST CHOICE CRINKLE FRIES FRESH APPLE WEDGES ASST NONFAT & LOWFAT MILK	CHICKEN NOODLES MASHED POTATOES GREEN BEANS WG DINNER ROLL ASST SORBET CUP ASST NONFAT & LOWFAT MILK	<b>BRUNCH FOR LUNCH!</b> FRENCH TOAST SAUSAGE PATTY TATOR TOTS ASST FRUIT OR JUICE ASST NONFAT & LOWFAT MILK	 PAPA JOHN'S PIZZA SLICE ROMAINE GARDEN SALAD CHERRY TOMATOES ASST FRUIT OR JUICE FRESH BAKED COOKIE ASST NONFAT & LOWFAT MILK	BOSCO STICKS W/ MARINARA SAUCE SEASONED CORN ASST FRUIT OR JUICE ASST NONFAT & LOWFAT MILK

**NATIONAL  
SCHOOL  
LUNCH WEEK!  
10/9-10/13**

**LUNCH PRICES 2017-2018**  
PAID LUNCH: \$2.50  
REDUCED LUNCH \$ .40  
ADULT LUNCH \$3.30

**BREAKFAST PRICES 2017-18**  
PAID BREAKFAST \$1.60  
REDUCED BREAKFAST \$ .30  
ADULT BREAKFAST \$2.00

EXTRA MILK \$.75

**GET THE FULL MEAL  
DEAL BY TAKING ALL  
5 CHOICES OFFERED!**

**\*\*\*\*DON'T FORGET\*\*\*\*  
EVERY MEAL TRAY  
MUST INCLUDE AT LEAST  
ONE FRUIT OR VEGGIE!**

ALTERNATE LUNCH SERVED DAILY INCLUDE:

**PB&J SACK LUNCH-** PB&J SANDWICH, BAG OF CHIPS, VEGGIES, FRUIT & COOKIE, MILK

**YOGURT SACK LUNCH-** YOGURT CUP, CHEESE STICK, MINI MUFFIN, VEGGIES, FRUIT, & COOKIE, MILK

USDA is an equal opportunity provider, employer, and lender.

\*menu subject to change

IF YOU HAVE ANY QUESTIONS CONTACT: HOPE NEUZERLING FSD 457-8101 EXT 1020