



Elementary/K8 Lunch Menu - October 2019

STUDENT MEAL PRICES

Lunch \$2.50 ■ Extra Milk \$.50
Adult Lunch \$3.25



For a complete meal you must select a minimum of three ★'s. At least one ★ must be a ★ Fruit or a ★ Vegetable.

Lunch Includes

ENTRÉE (2 Stars) Choose 1

★ **PROTEIN** & ★ **GRAINS**

★ **VEGETABLES Choose 1 or 2**

- Daily: Fresh Veggie Cup
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

★ **FRUIT Choose 1**

- Fresh Fruit (Seasonal) Applesauce Cup
Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:
100% Fruit Juice

★ **MILK Choose 1**

- 1% Low Fat White Milk OR
Non Fat Chocolate Milk

Our meals meet USDA required standards for whole grains, fats, sodium and calories, and provide servings of a variety of healthy fruits and vegetables.

<p>Build-a-Burger Day ¹</p> <p>Your choice of Hamburger OR Cheeseburger</p> <p>Topping Choices: Pickles, Lettuce, Tomato, Ketchup, Mayo, Mustard, BBQ Sauce</p>	<p>Tony's Galaxy Pepperoni Pizza ²</p> <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Crispy Chicken Tenders ³</p> <p>OR</p> <p>Border Bowl with Tortilla Chips</p>	<p>Teriyaki Chicken Bowl with Fortune Cookie ⁴</p> <p>OR NEW! Cheesy Pull Aparts</p>	
<p>Arizona Gold Bean & Cheese Burrito ⁷</p> <p>OR</p> <p>NEW! Italian Melt Sandwich</p>	<p>Taco Tuesday ⁸</p> <p> Beef & Cheese Taco</p> <p>OR</p> <p> Chicken & Cheese Taco</p>	<p>Tony's Galaxy Pepperoni Pizza ⁹</p> <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Walking Nachos ¹⁰</p> <p>Thinking Thursday Did you know that Jack-O-Lanterns used to be made out of turnips or potatoes?</p>	<p>Spaghetti with Meat Sauce (Turkey) ¹¹</p> <p>OR</p> <p>NEW! Cheese Dog (Turkey)</p>
<p>Wild Mike's Cheese Pizza Wedge ¹⁴</p> <p>OR</p> <p>Chicken Corn Dog</p>	<p>Build-a-Burger Day ¹⁵</p> <p>Your choice of Hamburger OR Cheeseburger</p> <p>Topping Choices: Pickles, Lettuce, Tomato, Ketchup, Mayo, Mustard, BBQ Sauce</p>	<p>Tony's Galaxy Pepperoni Pizza ¹⁶</p> <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Crispy Chicken Tenders ¹⁷</p> <p>OR</p> <p>Border Bowl with Tortilla Chips</p>	<p>Teriyaki Chicken Bowl with Fortune Cookie ¹⁸</p> <p>OR NEW! Cheesy Pull Aparts</p>
<p>Arizona Gold Bean & Cheese Burrito ²¹</p> <p>OR</p> <p>NEW! Italian Melt Sandwich</p>	<p>Taco Tuesday ²²</p> <p> Beef & Cheese Taco</p> <p>OR</p> <p> Chicken & Cheese Taco</p>	<p>Tony's Galaxy Pepperoni Pizza ²³</p> <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Walking Nachos ²⁴</p>	<p>October Birthdays Celebration Day ²⁵</p> <p>Birthday Cake Cookies</p> <p>Spaghetti with Meat Sauce (Turkey)</p> <p>OR NEW! Cheese Dog (Turkey)</p>
<p>Wild Mike's Cheese Pizza Wedge ²⁸</p> <p>OR</p> <p>Chicken Corn Dog</p>	<p>Build-a-Burger Day ²⁹</p> <p>Your choice of Hamburger OR Cheeseburger</p> <p>Topping Choices: Pickles, Lettuce, Tomato, Ketchup, Mayo, Mustard, BBQ Sauce</p>	<p>Tony's Galaxy Pepperoni Pizza ³⁰</p> <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Crispy Chicken Tenders ³¹</p> <p>OR</p> <p>Border Bowl with Tortilla Chips</p>	

Menu is subject to change. Notice will be given if possible.

Daily Additional Entrée Choices

Peanut Butter & Jelly Sandwich ■ Sun Butter Cup with Grahams ■ Turkey & Cheese OR Turkey-Ham & Cheese Sandwich
Also available on Fridays: Colby Jack Cheese Sticks with Crackers