


SCHOOL LUNCH MENU ~ October 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
1	Cheese Pizza Spinach Salad & yellow beans Melon & Peaches Milk Choice	2	Orange Chicken bowl w/ Rice Oriental veggie blend & Sautéed cabbage pineapple & apricots fortune cookie Milk Choice	3	Chicken Alfredo Pasta Broccoli & Peas Mandarin oranges & Plums WG Garlic Bread Milk Choice	4	Hot Ham & Cheese Sandwich French Fries & Pickles Frozen Fruit Pouch & Applesauce Milk Choice	5	Smothered Chicken Wrap Sweet Potatoes & Smile Fries Cranberries & mixed fruit Milk Choice Happy National Smile Day!		
8	WG Chicken Nuggets Mashed Potatoes & Gravy Roasted Broccoli Peaches or Cranberries Milk Choice	9	Grilled Cheese Tomato Tortellini Soup & Carrot Sticks Strawberries & Banana crackers Milk choice	10	Pulled BBQ Pork on WG sub bun sweet potatoes & Baked Beans pears & kiwi Fresh Baked Cookie Milk Choice	11	Mini Corn Dogs green beans & beets Mandarin Oranges & Grapes Mandarin Orange Pineapple Cake Milk Choice	12	Spaghetti with Meat Sauce peas & yellow zucchini Peaches & mixed fruit WG breadstick Milk Choice	19	Ravioli WG Dinner roll Green Beans & Side Salad Cardinal fruit salad & apple slices Milk Choice
15	Hamburger on WG bun w/ cheese slice grapes & Peaches corn & broccoli Milk Choice	16	WG French toast sticks sausage links hash brown patty & roasted sweet potatoes Applesauce & orange juice Milk choice	17	Fish Sticks coleslaw & Mixed Veggies yogurt cup clementine & banana Birthday Party Treat Milk Choice	18	Quesadilla tortilla chips salsa Roasted Cauliflower & Black Beans Peaches & grapefruit Milk Choice	26-No School			
22	WG chicken tenders mandarin oranges & pears carrots & roasted Brussels sprouts milk choice	23	Beef Tacos (soft shell or Fritos) lettuce, cheese, tomatoes guacamole & refried beans apples & mangos Milk Choice	24	Macaroni and cheese Melon & pineapple green beans & beets zucchini bread milk choice	25	Salisbury Steak peaches & applesauce roasted butternut squash & mashed potatoes and gravy WG dinner roll Milk Choice	2	Chicken Patty Sandwich Au gratin Potatoes & carrots/baked beans cranberries & mixed fruit milk choice		
29	Cheese Pizza spinach salad & yellow beans melon & peaches milk choice	30	orange chicken bowl w/ rice oriental veggie blend & sautéed cabbage pineapple & apricots fortune cookie milk choice	31-Happy Halloween	Witches Brew (Chili or Pumpkin Soup) Blood oranges & Peaches Roasted Pumpkin & Carrots Gostly Breadstick Trick or Treat & Milk Choice	1	Bosco Cheese Sticks Green Beans or carrots frozen fruit pouch & applesauce milk choice				

Milk Choices Includes: 1% White, Skim White, Skim Chocolate. Menu Subject to Change Due to Food Availability. Daily Additional offerings: PB&J sandwich, String cheese, fruit cup, or juice box
MS& HS Salad Bar Offered Daily