




# October 2017 Lunch Menu



Condiments include: Ranch, Ketchup, Mayo, Mustard, BBQ. Menus subject to change.

Mon	Tue	Wed	Thu	Fri
2 BBQ Pork WG Bun Potato Wedges <u>Local Coleslaw</u> Oranges Milk	3 Chicken Alfredo <u>Local Broccoli</u> Baby Carrots WG Breadstick Applesauce Milk	4 Chicken Gravy WG Roll Mashed Potatoes Corn <u>Local Yogurt</u> Hot Apples Milk	5 Lasagna ( <u>Local Pork</u> ) Mixed Greens WG Bread Peas Kiwi & Pears Milk	6 Chicken & Cheese Burrito <u>Local Romaine Lettuce</u> Refried Beans Salsa & Sour Cream WG Roll (9-12) Strawberries Milk
9 BBQ ( <u>Local Beef</u> ) WG Bun Carrots Baked Beans Peaches Milk	10 Taco/WG Tortilla Shell Lettuce & Cheese Black Bean Salsa WG Roll (9-12) <u>Local Melon</u> Milk	11 Shepherd's Pie ( <u>Local Beef</u> ) w/ Mashed Potatoes Green Beans WG Roll <u>Local Apple</u> Milk	12 Chicken Veggie Rice Bowl Steamed Broccoli <u>Local Yogurt</u> Pineapple Milk	13 Mac & Cheese <u>Local Cucumber-Apple Salad</u> Peas WG Roll (6-12) Fruit Cup Milk <b>3 Hour Early Out</b>
16 Ham & Cheese Sub Sweet Potatoes Fresh Carrots Rice (9-12) <u>Local Apples</u> Milk	17 Goulash ( <u>Local Beef</u> ) WG Roll Broccoli/Cauliflower <u>Local Coleslaw</u> Mixed Fruit Milk	18 Quesadilla Spinach Salad Salsa Refried Beans Pears Milk	19 Turkey Burger WG Bun Potatoes Green Beans Banana Milk	20 Baked Fish WG Roll Mashed Potatoes Peas Mandarin Oranges Milk
23 Hamburger/WG Bun Cheese Slice Potato Wedges Baked Beans <u>Local Onions</u> Applesauce Milk <b>3 Hour Early Out</b>	24 Chicken WG Roll California Blend <u>Local Lettuce Salad</u> Peaches Milk <b>3 Hour Early Out</b>	25 Taco Salad/WG Chips Mixed Greens Salsa Rice <u>Local Cherry Tomatoes</u> Orange Milk	26 <u>Breakfast for Lunch:</u> Waffle w/Syrup Eggs & Sausage Steamed Broccoli Strawberries & Blueberries Milk	27 <b>No School</b>
30 Grilled Chicken Sweet Potato Fries WG Bun Peas Hot Apples Milk	31 Spaghetti w/ <u>Local Pork</u> Cream Beans WG Breadsticks Robbing for <u>Local Apples</u> Milk 	Nov 1 Chicken Fajita WG Tortilla Shell Mixed Greens w/ Cheese Black Bean Salsa Pineapple Milk	Nov 2 Chili Cornbread <u>Local Cabbage Salad</u> Crackers Fruit Milk	Nov 3 Pizza Spinach Salad Corn Peaches/Pears Milk

## October is National Farm to School Month

This institution is an equal opportunity provider.