

# ELEMENTARY LUNCH MENU - OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>
Bean Tostada/RF Shredded Cheese Salsa Mexican Rice Shredded Lettuce Orange Choice of Milk	WG Chicken Nuggets Mashed Potatoes Red Delicious Apple Corn LS Gravy Ketchup or Honey Mustard Choice of Milk	Corn Dog Tri Tator Romaine Salad Mix Ranch Dressing Diced Pineapple Ketchup Choice of Milk	Meatball Grinder/Shredded Cheese WG Roll Green Beans Cinnamon Applesauce Ranch Dressing Choice of Milk	WG Turkey Pepperoni/Cheese Pizza French Fries Romaine Salad Mix Orange Ketchup Ranch Dressing Choice of Milk
<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>
Chicken Tenders WG Roll Carrot Sticks Broccoli Florets Ranch Dressing Red Delicious Apple Choice of Milk	LS Hamburger Patty WG Hamburger Bun Tri Tator Lettuce/Tomato Applesauce Choice of Milk Ketchup	Turkey Ham/RF Cheese Sandwich Celery Sticks Cucumber Slices Fruit Salad Choice of Milk Ranch Dressing	Grilled Chicken Patty WG Bun Green Beans Mashed Potato LS Chicken Gravy Petite Banana Choice of Milk	<b>NO SCHOOL</b>
<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>
WG Chicken Nuggets Mashed Potatoes Red Delicious Apple Corn LS Gravy Ketchup or Honey Mustard Choice of Milk	Taco Salad Tortilla Chips Mexican Rice Orange Diced Tomato/Shredded Lettuce Beans Salsa Choice of Milk	Turkey Ham/Cheese Sandwich Carrot Sticks Broccoli Florets Ranch Dressing Red Delicious Apple Choice of Milk	Chicken Taquito in Salsa Corn Tortilla Mexican Rice Refried Beans Pear Choice of Milk	WG Turkey Pepperoni/Cheese Pizza French Fries Romaine Salad Mix Orange Ketchup Ranch Dressing Choice of Milk
<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>
LS Hamburger Patty WG Hamburger Bun RF Sliced Cheese Tri Tator Corn Mixed Berry Applesauce Choice of Milk Ketchup	Beef & Bean Burrito Mexican Rice Diced Tomato Shredded Lettuce Salsa Fruit Salad Choice of Milk	Turkey Ham/RF Cheese Sandwich Celery Sticks Cucumber Slices Pineapple Tidbits Choice of Milk Ranch Dressing	Corn Dog Tri Tator Romaine Salad Mix Ranch Dressing Red Delicious Apple Ketchup Choice of Milk	<b>NO SCHOOL</b>
<b>30-Oct</b>	<b>31-Oct</b>			
Chicken Patty WG Hamburger Bun Tri Tator Green Beans Applesauce Choice of Milk Ketchup	WG Turkey Pepperoni/Cheese Pizza French Fries Romaine Salad Mix Banana Ketchup Ranch Dressing Choice of Milk			Choice of Milk 1% White Milk or Skim Chocolate Milk <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat LS = Low Sodium