

OCTOBER LUNCH MENU

ELEMENTARY SCHOOL

 May contain pork
  Farm2School
  Homemade
  Vegetarian

2012-2013 LUNCH PRICES

Elementary \$2.50 (includes milk)
Secondary \$2.85 (includes milk)
Adult \$3.65 (includes milk)
Additional Milk \$.50

Milk Choices--
 Skim, 1%, Chocolate Skim
 Lactose Reduced Milk is
 available upon written
 request from the student's
 parent or guardian.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREES 1.  Chili Mac & Cheese Mini Corn Dogs  Yogurt Cup w/Grahams SIDES Seasoned Waffle Fries Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 2. Cheeseburger Chicken Tenders  Peanut Butter & Jelly Sandwich SIDES Glazed Acorn Squash  Best Baked Beans Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 3. Curly Spaghetti w/Meat Sauce Italian Dunkers  Cheese & Cracker Stackers SIDES Garlic Toast Sensational Caesar Tossed Salad Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 4.  Cinnamon Swirl French Toast w/Sausage Links   Hot Egg & Cheese Bagel Sandwich  Yogurt Cup w/Cereal Bowl SIDES Breakfast Potatoes Fresh Veggies w/Dip Choice of Fresh Fruit Sherbet Cup	ENTREES 5.  Personal Pan Cheese Pizza Honey BBQ Chicken Bites Turkey Provolone Sandwich SIDES Cool Carrot Sticks w/Dip Incredible Italian Tossed Salad Choice of Fresh Fruit
ENTREES 8. Hot Dog on WG Bun  Grilled Cheese Sandwich  Yogurt Cup w/Cheese SIDES Natural Seasoned Potato Wedges Broccoli Trees w/Cheese Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 9. Soft Shell Taco  Cheese Quesadilla   Southwest Fiesta Salad SIDES Fritos Roaring Refried Beans Rad Red & Green Pepper Strips w/Dip Choice of Fresh Fruit	ENTREES 10. Teriyaki Chicken Dippers California Burger  Chipotle Veggie Sub Sandwich SIDES Savory Brown Rice Great Glazed Carrots Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 11.  Cheese Pizza   Chicken Filet on WG Bun Peanut Butter & Jelly Sandwich SIDES Refreshing Ranch Tossed Salad Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 12.  Baked Rigatoni Corn Dog  Build-Your-Own Cheese Pizza Pita SIDES Smiley Fries Fresh Veggies w/Dip Choice of Fresh Fruit Chocolate Chip Cookie
ENTREES 15.  Mini Pancakes w/Sausage Link   Colby Cheese Omelet w/Sausage Link   Yogurt Cup w/Granola SIDES Hashbrown Stick Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 16.  Meatball Sub  Pizza Sticks w/Dipping Sauce Chicken Caesar Salad SIDES Sweet Strawberry Spinach Salad Crisp Carrot Sticks w/Dip Choice of Fresh Fruit	ENTREES 17.  Sloppy Joe on WG Bun Chicken Nuggets  Fruit & Yogurt Parfait SIDES Sweet Potato Fries Fresh Veggies w/Dip Choice of Fresh Fruit Rice Crispy Bar	<div> <div>NO SCHOOL 18.</div> <div>NO SCHOOL 19.</div> </div> <div>  </div>	
ENTREES 22.  Orange Chicken  BBQ Riblet on WG Bun  Yogurt Cup w/Grahams SIDES Savory Brown Rice Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 23. Nachos Grande Taco-Topped Tater  Goldfish Cheese Sandwich SIDES Apples w/Caramel  Mexicali Corn Rich Red Pepper Strips w/Dip Choice of Fresh Fruit	ENTREES 24.  Cheese Lasagna  Cheesy Grilled Chicken w/Bacon on WG Bun  Mini Sub Sandwich SIDES  Cheesy Bread Ritzy Ranch Tossed Salad Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 25.  Taco Pizza  Hot Ham & Cheese Sandwich  Peanut Butter & Jelly Sandwich SIDES Steamed Broccoli Trees Fresh Veggies w/Dip Choice of Fresh Fruit Snickerdoodle Cookie	ENTREES 26. Mini Burgers  Grilled Cheesebread w/Dipping Sauce  Chef Salad SIDES Goldfish Crackers Cute Carrot Sticks w/Dip Brainy Baked Beans Choice of Fresh Fruit
ENTREES 29.  Chili Mac & Cheese Mini Corn Dogs  Yogurt Cup w/Sunflower Seeds SIDES Parmesan Potatoes  Fresh Veggies w/Dip Choice of Fresh Fruit	ENTREES 30.  Cheeseburger Chicken Tenders  Peanut Butter & Jelly Sandwich SIDES Sweet Potato Puffs Best Baked Beans Fresh Veggies w/Dip Rainbow Fruit Salad	ENTREES 31. Curly Spaghetti w/Meat Sauce Italian Dunkers  Cheese & Cracker Stackers SIDES Garlic Toast Sensational Caesar Tossed Salad Fresh Veggies w/Dip Choice of Fresh Fruit	<div> <div>NEW RECIPES</div> <div> Rainbow Fruit Salad October 30th </div> </div> <div> <div>FARM2SCHOOL</div> <div>LOCAL FARMS FRESH FOOD</div> <div> Acorn Squash October 2nd Apples October 23rd Potatoes October 29th </div> </div>	