






“Fall Into Something Good to Eat”

OCTOBER 2019 ELEMENTARY MENU

“Breakfast Served Daily

To ALL Students”

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold Entrée Choice: EZ Jammer or Yogurt Lunch</p> <p>All Meals Include: Fresh Fruit, Vegetable & Choice of Milk</p> <p>Lunch Price: .40 Reduced / \$3.00 Full-Price</p>	<p>October 1 Chicken Drumstick 6g Biscuit Stick 13g Mashed Potatoes 15g Broccoli 11g Mandarin Oranges 14g</p>	<p>October 2 Hamburger on a Bun 30g Corn 21g Veggies 7-11g w/Hummus 7g I Am Cool w/a Sidekick 22g  Frozen Yogurt Cup 19g</p>	<p>October 3 French Toast Sticks 25g Bacon 0g Crinkle Sweet Fries 21g Salad or Veggies 7-11g Choice of Applesauce 20g Plain Applesauce 7g</p>	<p>October 4 Pizza Big Daddy *Pepperoni or Cheese 35g/34g Rainbow Color of Coleslaw 14g Cut Veggies 7-11g Garlic Green Beans 4g Peach or Strawberry Cup 22g</p>
<p>October 7 Pick Your Pancake 36g *Sausage Patty 1g Sweet Potato Fries 25g Fresh Veggies 7-11g w/Hummus 7g Choice of 100% Fruit Juice 14g</p>	<p>October 8 Sweet-Sour Chicken 27g Rice 36g Green Peas 12g Mix Green Salad/Fresh Veggies Pineapple 18g Fortune Cookie 3g</p>	<p>October 9 Toasty Grilled Cheese 47g Green Beans 4g Fresh Veggies 7-11g w/Hummus 7g I Am Cool w/a Sidekick 22g  Choice of Chocolate or Vanilla Pudding 22g</p>	<p>October 10 Dutch Waffle 43g w/Chicken 13g Salad or Veggies 7-11g Choice of Applesauce 20g Plain Applesauce 7g</p>	<p>October 11 Pizza Big Daddy *Pepperoni or Cheese 35g/34g Parsley Potatoes 14g Cut Veggies 7-11g Peach or Strawberry Cup 22g</p>
<p>October 14 Bosco Sticks (2) 28g Marinara Sauce 4g Corn 21g Veggies 7-11g w/Hummus 7g Choice of 100% Fruit Juice 14g</p>	<p>October 15 *Soft Taco 2g Tortilla 8" 19g Refried Beans 31g Veggies or Salad 7-11g Mandarin Oranges 14g Salsa 3g</p>	<p>October 16 Chicken Nuggets 13g Oodles of Noodles 41g Cooked Carrots 6g Fresh Veggies 7-11g w/ Hummus 7g I Am Cool w/a Sidekick 22g  Welch's Fruit Snack 20g</p>	<p>October 17 Hotcakes 41g Sausage 1g Hash Brown 16g Salad or Veggies 7-11g Choice of Applesauce 20g Plain Applesauce 7g</p>	<p>October 18 Tony's Round Pizza *Pepperoni or Cheese 31g/31g Pasta Salad w/ Veggies 45g Cut Veggies 7-11g Peach or Strawberry Cup 22g</p>
<p>October 21 Popcorn Chicken 17g Mashed Potatoes 15g Veggies 7-11g w/Hummus 7g Choice of 100% Fruit Juice 14g</p>	<p>October 22 Penne w/ Meatballs 41g 8g Dinner Roll 13g Green Beans 4g Veggies or Salad 7-11g Diced Pears 16g</p>	<p>October 23 *Corn Dog 30g Crinkle Fries 14g Fresh Veggies 7-11g w/Hummus 7g I Am Cool w/a Sidekick 22g Chefs Choice of Snack 19-22g</p>	<p>October 24 French Toast Sticks 25g Bacon 0g Crinkle Sweet Fries 21g Salad or Veggies 7-11g Choice of Applesauce 20g Plain Applesauce 7g</p>	<p>October 25 Pizza Big Daddy *Pepperoni or Cheese 35g/34g Corn 21g Rainbow Color of Coleslaw 14g Cut Veggies 7-11g Peach or Strawberry Cup 22g</p>
<p>October 28 Pick Your Pancake 36g *Sausage Patty 1g Sweet Potato Fries 25g Fresh Veggies 7-11g w/Hummus 7g Choice of 100% Fruit Juice 14g</p>	<p>October 29 Cheese Quesadilla Pizza 39g Mexican Rice 39g Cooked Carrots 6g Veggies or Salad 7-11g Pineapple Chunks 18g</p>	<p>October 30 Fish Shapes 21g Fries 14g Veggies 7-11g Hummus 7g I Am Cool w/a Sidekick 22g  Choice of Cinnamon or Chocolate Griptz 20g</p>	<p>Happy Halloween Will the Menu be a Trick or a Treat  This is a Clue</p>	