

October 2019



Lunch

All meals served with milk: 1% White, Fat Free Chocolate

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Turkey Fritter Mash. Potatoes Gravy / Roll Steamed Peas C. Applesauce	2 Smokies Mac-n-Cheese Corn/Veg. Juice Breadstick Pineapple Bits	3 Pepperoni Pizza Tossed Salad Baby Carrots Diced Peaches	4 Sloppy Jo Sandwich Baked Beans Tots / Brownie* Apple Wedges	5
6	7 Taco Salad Chips / Cheese Chop. Lettuce Refried Beans Mand. Oranges	8 Chicken and Noodles/ Roll Mash. Potatoes Steam. Broccoli Mixed Fruit	9 Biscuit and Gravy / Yogurt Tri-Tater / Eggs Veg. Juice Diced Pears	10 Cheese Pizza Tossed Salad Cucumber Sl. R. Applesauce	11 Gr. Ham & Cheese Sand. French Fries Steam. Carrots Fresh Grapes	12
13	14 Hamburger Pattie / Bun French Fries Baked Beans Diced Peaches	15 Seasoned Chicken / Rice Peas / Corn Cookie Pineapple Bits	16 Chicken Strips / Gravy Mash. Potatoes Roll / G. Beans Mand. Oranges	17 Chili Topping Corn Chips Tossed Salad Baby Carrots Froz. Fruit Cup	18 NO SCHOOL	19
20	21 Chicken Nuggets / Roll Mash. Potatoes Gravy / Carrots Diced Pears	22 Corn Dog Tater Tots Steam. Broccoli Apple Wedges	23 Cheese Breadsticks Sauce/G. Beans Cookie C. Applesauce	24 Eagle Nacho Dip / Chips Tossed Salad Refried Beans Diced Peaches	25 Chicken Sandwich French Fries Steamed Corn Pineapple Bits	26
27 	28 Ham, Ch., Turkey Sand. Potato Smiles Baked Beans Mixed Fruit	29 Chicken Fry Steak / Roll Mash. Potatoes Gravy / Peas Mand. Oranges	30 Mini Corn Dogs/St. Carrots Tri-Tater Cheerios Treat* Fresh Grapes	31 Spaghetti w/ Meat Sauce Tossed Salad Cucumber Sl. Diced Pears		

The National School Lunch Program Guidelines require we offer each student 5 Food Components:

1. Meat/Meat Alternate (Proteins)
2. Grains
3. Vegetables
4. Fruits
5. Milk

Students are allowed to accept only 3 of the 5 required food components, one of which **has** to be a fruit or vegetable. **We encourage every student to take all the foods that are offered!!**

This Institution is an Equal Opportunity Provider

Any food item followed by an * may contain Peanut Butter

Menu subject to change without notice