





October 2017



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Chicken Fry Steak / Roll Mash. Potatoes Gravy Peas Mixed Fruit	3 Build Your Own Burrito Refried Beans Steamed Corn Banana	4 Chicken Nuggets / Fries Steam. Broccoli Dinner Roll Applesauce	5 Frito Chili Pie w/ Corn Chips Tossed Salad Ch. Tomatoes Diced Peaches	6 Cheese Pizza Baby Carrots Green Beans Apple Wedges	7
8	9 Hamburger w/Bun / Tots Baked Beans Sliced Tomato Mand. Oranges	10 Ham Slice Mac-n-Cheese Veg. Juice Steam. Carrots Apple Crisp	11 Chicken & Noodles / Roll Mash. Potatoes Steam. Broccoli Tropical Fruit	12 Pepperoni Pizza Tossed Salad Cucumber Sl. Diced Pears	13 Mini Corn Dogs French Fries Steamed Corn Fresh Grapes	14
15	16 Seasoned Chicken / Rice Pretzel/Broccoli Baby Carrots Applesauce	17 Taco Salad Chips / Cheese Chop. Lettuce Refried Beans Diced Peaches	18 Chicken Nuggets / Roll Mash. Potatoes Gravy / Peas Mixed Fruit	19 Cheese Breadsticks w/ Sauce / Salad Ch. Tomatoes Mand. Oranges	20 Gr. Ham & Cheese Sand. Tater Tots Green Beans Apple Wedges	21
22	23 Fish Shapes Potato Smiles Dinner Roll Steamed Corn Diced Pears	24 Chicken Sandwich Baked Beans French Fries Fresh Grapes	25 Chili Crisпитos Steam. Broccoli Green Beans Applesauce	26 Spaghetti w/Sauce/Salad Ch. Tomatoes Breadstick Diced Peaches	27 NO SCHOOL	28
29	30 Biscuit & Gravy / Yogurt Eggs / V. Juice Tri-Tater Mixed Fruit	31 Pork Pattie Mash. Potatoes Gravy / Roll Steam. Carrots Mand. Oranges				

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

1. Meat/Meat Alternate
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