

October 2017

Elementary



School Information : This institution is an equal opportunity provider.
Menu subject to change.
Daily: \$2.60
Milk: 1% White, Skim White, Skim Chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

French Dip
 Fritos
 Crinkle Cut Carrots

2

Tuesday

Personal Pan Pizza
 Garden Peas

3

Wednesday

French Toast Sticks
 Omelet
 Tri Tators

4

Thursday

Tacos
 Refried Beans
 Rice

5

Friday

Grilled Cheese
 Tomato Soup
 Steamed Broccoli

6

Walking Tacos
 Salsa Cup
 Refried Beans
 Rice

9

Pizza – Wild Mike’s
 Steamed Broccoli

10

Popcorn Chicken
 Ketchup and BBQ sauce
 Mashed Potatoes
 Corn
 Butter Buds

11

Hot Dog / Bun
 Ketchup
 Baked Beans
 Tator Tots

12

Sloppy Joe / Bun
 Fritos
 Crinkle Cut Carrots

13

Italian Flat Bread
 Marinara Sauce
 Garden Peas

16

Chicken Quesadilla
 Salsa Cup
 Refried Beans

17

Pulled Pork Sandwich
 Fritos
 Steamed Broccoli

18

Hamburger / Bun
 Baked French Fries
 Ketchup
 Buttered Corn

19

Spaghetti / Meatballs
 Green Beans
 Bread Sticks

20

No School

23

Salad Bar Served Daily

PBJ, Ham Sandwich or Chef Salad available daily.

No School

24

Must have a serving of fruit or vegetable to make a meal.

Chicken Patty / Bun
 Tator Tots
 Green Beans

25

Wild Mike’s Bites
 Marinara Sauce
 Garden Peas

26

Rice Bowl
 Fortune Cookie

27

Cheese Raviolis
 Steamed Broccoli

30

Halloween Shaped Nugget
 Mashed Potatoes
 Buttered Corn

31

