

## Elementary Lunch Menu October 2018

| Sun       | Mon  | Tue  | Wed  | Thu   | Fri   | Sat       |
|-----------|--|--|--|---|---|-----------|
|           | <b>1</b> Ham & cheese sandwich, mustard, mayo, ketchup, oven French fries, fruit cup, and assort. milk                 | <b>2</b> Chicken strips, mac & cheese, English peas, tossed salad w/dressing, strawberries, and assort. milk             | <b>3</b> Taco casserole, refried beans, salsa, whole wheat chocolate chip cookie, fruit cocktail, and assort. milk               | <b>4</b> Chicken fried steak, mashed potatoes, steamed broccoli, fruit cup, and assort. milk                | <b>5</b> Chicken spaghetti, green beans, tossed salad w/dressing, pineapple, roll, and assort. milk                     | <b>6</b>  |
| <b>7</b>  | <b>8</b> Pepperoni pizza, tossed salad w/dressing, country blend vegetables, banana bread, fruit cup, and assort. milk | <b>9</b> Chicken strips, potatoes, carrot/raisin salad, roll, fruit cup, and assort. milk                                | <b>10</b> Beef tacos w/cheese, lettuce, tomato, salsa, refried beans, apple wedges, whole grain oatmeal cookie, and assort. milk | <b>11</b> BBQ pulled pork sandwiches, baked beans, Cole slaw, peaches, and assort. milk                     | <b>12</b> Spaghetti, green beans, tossed salad w/dressing, roll, pineapple, and assort. milk                            | <b>13</b> |
| <b>14</b> | <b>15</b> Hamburger, mayo, mustard, ketchup, lettuce, tomato, pickles, oven French fries, pears, and assort. milk      | <b>16</b> Breaded beef strips, potatoes, black eyed peas, tossed salad w/dressing, fruit cup, and assort. milk           | <b>17</b> Chicken fajitas, lettuce, tomato, salsa, pinto beans, spice cake, orange wedges, and assort. milk                      | <b>18</b> Sub sandwich, mayo, mustard, ketchup, lettuce, tomato, pickles, corn, fruit cup, and assort. milk | <b>19</b> Vegetable soup, crackers, cheese toast, tossed salad w/dressing, pineapple, and assort. milk                  | <b>20</b> |
| <b>21</b> | <b>22</b><br>NO<br>SCHOOL  | <b>23</b> Pizza, California blend vegetables, tossed salad w/dressing, whole wheat sugar cookie, apple, and assort. milk | <b>24</b> Sloppy joe, baked beans, raw vegetable strips, pears, and assort. milk   | <b>25</b> Lasagna, tossed salad, roll, fruit cup, and assort. milk  | <b>26</b> Chicken sandwich, mayo, ketchup, ranch, potato wedges, carrot/celery strips, fruit cocktail, and assort. milk | <b>27</b> |
| <b>28</b> | <b>29</b> Ham & cheese sandwich, mustard, mayo, ketchup, oven French fries, fruit cup, and assort. milk                | <b>30</b> Chicken strips, mac & cheese, English peas, tossed salad w/dressing, strawberries, and assort. milk            | <b>31</b> Taco salad, refried beans, salsa, whole wheat chocolate chip cookie, fruit cocktail, and assort. milk                  | <b>This institution is an equal opportunity provider.</b>   |   |           |