

# OCTOBER 2019 - Menus

## Grades K-5 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10-1 Chicken Tenders or Buffalo Chicken Bites Southern Buttermilk Biscuit Deli Turkey & Cheese Sandwich Sweet Corn or Roasted Corn Petite Baby Carrots - <b>S</b> Frozen Juice Slush	10-2 Philly Cheese Steak Sandwich Chinese Chicken Salad Aloha Roll Ruffle Fries Fresh Garden Salad Fruit - <b>S</b>	10-3 Mini Chicken Corn Dogs or All Star Turkey Hot Dog Chicken Caesar Salad & Cheesy Bread Cucumber Coins Fiesta Pinto Beans or Campfire Baked Beans Fruit - <b>S</b>	10-4 WG Pepperoni Pizza Wedge and/or Hawaiian Pizza Yellow Submarine Sandwich OR Classic Tuna Sandwich Fresh Garden Salad Petite Baby Carrots - <b>S</b> <i>New!</i> Frozen Peach Pop
10-7 <i>New!</i> PizzaBoli - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Marinara Sauce Cup Mini Potato Tots Fruit Cup	10-8 Nacho Dip & Chips Deli Turkey & Cheese Sandwich Tangy Salsa Cup Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup	10-9 Oven Fried Chicken Drumstick Chinese Chicken Salad Aloha Roll Creamy Mashed Potatoes Celery Sticks Fruit - <b>S</b>	10-10 Café LA Burger or Café LA Cheeseburger Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad or Lettuce & Tomato Waffle Cut Fries Fruit - <b>S</b>	10-11 Teriyaki Beef Dipper Rice Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> <i>New!</i> Frozen Peach Pop
10-14 <i>New!</i> Possible Burger - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Sweet Corn or Roasted Corn Petite Baby Carrots - <b>S</b> Fruit Cup	10-15 Beef & Cheese Taco Burrito Deli Turkey & Cheese Sandwich Roasted Potato Wedges Cucumber Coins Frozen Juice Slush	10-16 <i>New!</i> Cherry Blossom Chicken Bowl Chinese Chicken Salad Aloha Roll Broccoli Buds Fresh Garden Salad or Lettuce & Tomato Frozen Mixed Berry Cup	10-17 Crispy Chicken Filet Sandwich Chicken Caesar Salad & Cheesy Bread Petite Baby Carrots - <b>S</b> Ruffle Fries Fruit - <b>S</b>	10-18 Zesty Beef Chalupa Yellow Submarine Sandwich OR Classic Tuna Sandwich Tangy Salsa Cup Fiesta Pinto Beans OR Campfire Baked Beans <i>New!</i> Frozen Peach Pop
10-21 Bean & Cheese Chimichanga - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Tangy Salsa Cup Sweet Corn or Roasted Corn Fruit Cup	10-22 Mesquite BBQ Pork Sandwich Deli Turkey & Cheese Sandwich Fresh Garden Salad or Lettuce & Tomato Mini Potato Tots Frozen Juice Cup	10-23 Oven Fried Chicken Drumstick Southern Buttermilk Biscuit Chinese Chicken Salad Aloha Roll Petite Baby Carrots - <b>S</b> Fiesta Pinto Beans or Campfire Baked Beans Fruit - <b>S</b>	10-24 Salisbury Steak & Mashed Potatoes Aloha Roll Chicken Caesar Salad & Cheesy Bread Celery Sticks Creamy Mashed Potatoes Fruit - <b>S</b>	10-25 Orange Meatball Rice Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> <i>New!</i> Frozen Peach Pop
10-28 Bean & Cheese Pupusa - <b>V</b> Curtido Slaw Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Roasted Potato Wedges Fruit Cup	10-29 Chicken Tenders or Buffalo Chicken Bites Southern Buttermilk Biscuit Deli Turkey & Cheese Sandwich Cucumber Coins Sweet Corn or Roasted Corn Frozen Juice Slush	10-30 WG Pepperoni Pizza Wedge and/or Hawaiian Pizza Chinese Chicken Salad Aloha Roll Petite Baby Carrots - <b>S</b> Waffle Cut Fries Fruit Cup	10-31 Café LA Burger or Café LA Cheeseburger Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad or Lettuce & Tomato Fiesta Pinto Beans or Campfire Baked Beans Fruit - <b>S</b>	

**All of the Grain/Bread items served are Whole Grain Rich.** Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable).

**S:** Items with an (S) can be saved for later **V:** Vegetarian items - \*\*Farm Fresh Fruits: Apple, Orange, Banana - Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

**Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat**

**MENUS ARE SUBJECT TO CHANGE**

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