

# Grades K-8 Cafeteria Lunch Menu - October 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p><b>Notes about the menu:</b></p> <ul style="list-style-type: none"> <li>* <b>Grab and Go Breakfast is provided by Whitson's</b></li> <li>* Cheeses are reduced fat</li> <li>* All grain products are whole grain or whole wheat</li> <li>* All menu items that contain peanuts or tree nuts as an ingredient are clearly named</li> <li>* A variety of condiments offered daily</li> </ul>	<p><u>Lunch Milk Choices</u></p> <p>1% Plain, Nonfat Plain, &amp; Chocolate</p> <p><b>Breakfast and Lunch FREE for ALL Students</b></p> <p>Menus are subject to change</p>	<ul style="list-style-type: none"> <li>* Locally grown produce is sourced when available.</li> <li>* <sup>L</sup> stands for locally grown products</li> <li>* <sup>V</sup> stands for vegetarian</li> <li>* A variety of fresh fruits and vegetables are offered daily</li> <li>* In addition to daily vegetables, baby carrots offered M/W/F and cucumber slices T/TH</li> <li>* All salads are served with a whole grain tortilla</li> </ul>	1	2
Lunch				<p>Crispy Baked Fish Filet on a Roll Or Chicken Caesar Salad Or Toasted Cheese Sandwich<sup>V</sup> Celery Sticks Fresh Fruit</p>	<p>Cheese Pizza<sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Garden Salad Fresh Fruit</p>
Breakfast	5	6	7	8	9
Lunch	<p>Grilled BBQ Chicken Sandwich Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Sweet Potato Wedges Fresh Fruit</p>	<p>Creamy Macaroni and Cheese<sup>V</sup> Or Southwestern Salad w/ Chicken Or Toasted Cheese Sandwich<sup>V</sup> Broccoli Florets Fresh Fruit</p>	<p>Meatball Sub w/ Parmesan Cheese Or Chicken Salad on Whole Grain Bread Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Sweet Corn Fresh Fruit</p>	<p>Pollo Guisado with Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich<sup>V</sup> Sizzlin' Black Beans Fresh Fruit</p>	<p>Cheese Pizza<sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Garden Salad Fresh Fruit</p>
Breakfast	12	13	14	15	16
Lunch	<p><b>Columbus Day No School</b></p>	<p>Crispy Baked Fish Filet Sandwich Or Chef's Salad with Turkey Ham and Cheese Or Toasted Cheese Sandwich<sup>V</sup> Chickpea Salad Fresh Fruit</p>	<p>Lemon Oregano Chicken Or Turkey-Ham &amp; Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Roasted Carrots Fresh Fruit</p>	<p>Cheeseburger/Hamburger Or Garden Salad Topped w/ Tuna Salad Or Toasted Cheese Sandwich<sup>V</sup> Roasted Potatoes Fresh Fruit</p>	<p>Cheese Pizza<sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Garden Salad Fresh Fruit</p>
Breakfast	19	20	21	22	23
Lunch	<p>Baked Chicken Tenders Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Sweet Potato Wedges Fresh Fruit</p>	<p>Black Bean Burrito Bowl<sup>V</sup> Or Chef's Salad with Turkey Ham and Cheese Or Toasted Cheese Sandwich<sup>V</sup> Sweet Corn Fresh Fruit</p>	<p>Pasta with Meat Sauce Or Turkey and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Green Beans Fresh Fruit</p>	<p>Cajun Baked Fish Over Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich<sup>V</sup> Sizzlin' Black Beans Fresh Fruit</p>	<p><i>Celebrating Food Day!</i></p> <p>Local Vegetable Pizza<sup>V</sup> Or Turkey &amp; Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Spinach Salad and Roasted Cauliflower Fresh Fruit</p>
Breakfast	26	27	28	29	30
Lunch	<p>Grilled BBQ Chicken Sandwich Or Turkey and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Baked Beans Fresh Fruit</p>	<p>Creamy Macaroni and Cheese<sup>V</sup> Or Southwestern Salad w/ Chicken Or Toasted Cheese Sandwich<sup>V</sup> Cherry Tomatoes Fresh Fruit</p>	<p>Meatball Sub w/ Parmesan Cheese Or Chicken Salad on Whole Grain Bread Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Sweet Corn Fresh Fruit</p>	<p>Tangerine Chicken with Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich Roasted Brussel Sprouts Fresh Fruit</p>	<p>Cheese Pizza<sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter &amp; Jelly, Grahams, &amp; Cheese Stick<sup>V</sup> Garden Salad Fresh Fruit</p>