

October

LUNCH MENU	Salad Bar: Serves a minimum of 3 fruits and 3 vegetable choices daily Milk: 1% or non-fat Milk (Non-Fat Chocolate Milk offered on Fridays) ALL LUNCHESES INCLUDE MILK* AND SALAD BAR*
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mac N Cheese With whole wheat crackers	2 Y: Chicken Nuggets B: Veggie Nuggets	3 Cheesy Beans with Tortilla Chips	4 Y: Cheese Burger B: Cheese Garden Burger	5 Fish and Chips
8 Y: Chicken Quesadilla B: Cheese Quesadilla	9 Y: Cowboy Casserole B: Veggie Cowboy Casserole	10 Y: Tuna Sandwich B: P B & J Both with Potato Chips	11 Y: Corn Dog B: Veggie Nuggets	12 NO SCHOOL
15 Tater Tot Casserole With Wheat Roll	16 Y: Fajita Chicken B: Veggie Nuggets Both with Rice	17 Y: Pork Sausage B: Veggie Sausage Both with Hash Browns	18 Y: Sloppy Joes B: Veggie Sloppy Joes	19 Y: Chicken Nuggets B: Veggie Nuggets
22 Yogurt, Bagel, Cream Cheese	23 Y: Tuna Noodle Casserole With Wheat Roll	24 Y: Meat Lasagna B: Cheese Lasagna	25 Noon Dismissal Y: Hot Dog B: Black Bean Burger	26 NO SCHOOL
29 Y: Pancakes & Sausage B: Pancakes & Veggie Sausage	30 Y: Caesar Salad with Chicken B: Caesar Salad Both with Bread Stick	31 Y: Meat Loaf B: Black Bean Patty	November 1 Y: Sweet -N-Sour Meatballs B: Sweet-N-Sour Nuggets	November 2 Y: Chicken Strips B: Veggie Strips

*Commodity Item

This institution is an equal opportunity provider.

Pre-Paid Lunch Coupon	
Student Name: _____	Date: _____
Lunch Full Price: 5 lunches @ \$2.85 = \$14.25	22 lunches n @ \$2.85 = \$62.70 (amt) _____ x \$2.85 = _____
Lunch Reduced Price (approved only)	(amt) _____ x \$.40 = _____
Beverage (Milk or Juice) 20 drinks for \$7.00 (\$.35 each)	(amt) _____ x \$.35 = _____
Breakfast Cost: \$0	