

## *2013 South Fork Schools Lunch Menu for October*

Money for lunches will be accepted in both Cafeterias. We cannot accept any lunch money payments from students in the lunch line at either school. Full Price Student lunches are \$1.75 at Elementary and \$1.95 at Middle School. Those students who qualify receive Reduced Price Lunches for \$.40 at both schools. If you are unable to pay for lunches for your students please fill out a 'Free or Reduced Price Lunch Application' so your child can receive a balanced and nutritious lunch each day! Please call the Cafeteria Manager, Sherry Webb, at 760-378-1130 if you would like more information about South Fork School Breakfast and Lunch Programs! **Menu is subject to change without notice**

Milk may be purchased separately from lunch for \$.35 each.

Breakfast and Lunch includes a choice of Non-Fat Chocolate or 1% Low-Fat White Milk

### **Breakfast in the Classroom is Free to all Students**

Monday	Tuesday	Wednesday	Thursday	Friday
	1  CHICKEN STICKS VEGETARIAN BEANS SALAD BAR TUESDAY BBQ SAUCE CUP MILK - Variety	2  RIB-A-QUE HOAGIE ROLL WW PEACHES, CANNED, XTRA LIGHT SALAD BAR WEDNESDAY MUSTARD MAYONNAISE MILK - Variety	3  TACO BEEF SOFT TORTILLA WG SALAD BAR THURSDAY TACO SAUCE PACKET MILK - Variety	4  TURKEY & WG NOODLES CORN NIBLETS SALAD BAR FRIDAY MILK - Variety
7  PIZZA TONY'S WEDGE WG CRISP APPLE SALAD BAR MONDAY RANCH POUCH LIGHT MILK - Variety	8  QUESADILLA CHEESE WG PINTO BEANS SALAD BAR TUESDAY TACO SAUCE PACKET MILK - Variety	9  SPAGHETTI WW & MEATBALLS WITH SAUCE SALAD BAR WEDNESDAY APPLESAUCE, UNSWEETENED MILK - Variety	10  CHEESE CUPS MUCHO QUESO LS TORTILLA CHIPS CORN NIBLETS SALAD BAR THURSDAY MILK - Variety	11  CHICKEN PATTY- ROASTED HAMBURGER BUN WW OVEN FRIES SEASONED SALAD BAR FRIDAY MUSTARD KETCHUP MAYONNAISE MILK - Variety
14  CHEESE STUFFED BREADSTICKS WG CRISP APPLE SALAD BAR MONDAY MARINARA SAUCE CUP MILK - Variety	15  CHICKEN MANDARIN ORANGE LINGS CHINESE STYLE VEGETABLES SALAD BAR TUESDAY COWBOY COOKIES WG MILK - Variety	16  TURKEY VEGETABLE SOUP PEARS SALAD BAR WEDNESDAY BREAD, WHOLE GRAIN MILK - Variety	17  HAMBURGER ON WW BUN OVEN FRIES SEASONED SALAD BAR THURSDAY KETCHUP MUSTARD MAYONNAISE MILK - Variety	18  CHILI FRIES CORN MUFFIN SALAD BAR FRIDAY MARINATED BLACK BEAN SALAD MILK - Variety
21  PIZZA FRENCH BREAD WG CRISP APPLE RANCH POUCH LIGHT SALAD BAR MONDAY MILK - Variety	22  SLOPPY JOE ON WW BUN CORN NIBLETS SALAD BAR TUESDAY MILK - Variety	23  MACARONI AND CHEESE WG ELBOWS APPLESAUCE, UNSWEETENED SALAD BAR WEDNESDAY MILK - Variety	24  CHICKEN TENDER STRIPS GREEN BEANS SALAD BAR THURSDAY BBQ SAUCE CUP MILK - Variety	25  CHICKEN FAJITA TORTILLA, SOFT WG PINTO BEANS SALAD BAR FRIDAY TACO SAUCE PACKET MILK - Variety
28  PIZZA SICILIAN PEPPERONI WG CRISP APPLE SALAD BAR MONDAY RANCH POUCH LIGHT MILK - Variety	29  BURRITO BEAN & CHEESE WG CORN NIBLETS SALAD BAR TUESDAY TACO SAUCE PACKET MILK - Variety	30  CHICKEN POPCORN WG WATERMELON, CHUNKS SALAD BAR WEDNESDAY BBQ SAUCE CUP MILK - Variety	31  HAMBURGER ON WW BUN OVEN FRIES SEASONED SALAD BAR THURSDAY KETCHUP MUSTARD MAYONNAISE MILK - Variety	

**WW=Whole Wheat \* LS=Low Sodium \* WG=Whole Grain \* LF=Low Fat**  
**The USDA is an equal opportunity provider**