

# Kamiah School District Lunch October 2014

\*\*All meals come with choice of milk; non-fat, non-fat flavored, or 1%

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 BBQ chicken Bread stick b. beans salad pineapple	30 Chicken nuggets Potato wedges Corn Peaches	1 Meatball sub Cucumbers Peas banana	2 No school	3	4
5	6 Mini corn dogs French fries Green beans Cantaloupe D: brownies	7 Tangerine chicken Rice Broccoli Corn Grapes D: rice crispy	8 Chicken burger s. potato fries baked beans apples	9 Chili in bread bowl Salad Corn Strawberries	10 Pepperoni ripper Carrots Cauliflower Banana Frozen juice bar	11
12	13 Chicken fajita's refried beans salad salsa kiwi	9 Teriyaki chicken Fried rice/bread Salad/ mix veggie Pineapple D: rice crispy	10 Pepperoni pizza sweet potatoes cucumbers apples	11 Bean/cheese burrito Carrots Corn Peaches	12 Ham and cheese sub baked potato Chili Apples frozen juice	13
14	15 Orange chicken & rice in taco bowl Corn, cauliflower, watermelon	16 Sloppy Joes, salad Broccoli Apples	17 Popcorn chicken, bread stick Cucumbers Tomatoes Banana grapefruit	18 BBQ pork burger, Red peppers Mixed veggies Oranges	19 Corn dogs, chips Refried beans, broccoli applesauce	20
21	22 BBQ chicken bread stick Baked beans salad pineapple	23 Grilled cheese, Tomato soup Carrots Pears	24 Pepperoni pizza Salad Brussels sprouts Mandarin orange	25 Beef taco boat, Refried beans Shredded lettuce, salsa Kiwi	26 Chicken fried steak w/gravy Dinner roll Mashed potatoes Salad Strawberries	27
28	29 Meatballs and Spaghetti Broccoli Tomatoes Banana	30 Chicken nuggets French fries Corn Peaches	31 Turkey cheese Slider Carrots Romaine Apples	1 Meatball sub Cucumbers Peas Pears	2	3

This institute is an equal opportunity provider and employer.

\*USDA meals\*

\*\*Menu's are subject to change without prior notice