



# Elementary School Lunch Menu

October  
2019

Fresh Vegetable Choices and Seasonal Fruit  
are Offered Daily on the Fruit & Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose <b>MyPlate</b>.gov</p>	<p><b>1</b></p> <p>Beefy Nachos &amp; Homemade Cheese Sauce</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Refried Beans</p>	<p><b>2</b></p> <p>Salisbury Steak Sandwich</p> <p>Hot Turkey Sandwich</p> <p>Mashed Potatoes Gravy</p> <p>Chicken Caesar Salad</p>	<p><b>3</b></p> <p>Grilled Cheese Sandwich</p> <p>Pulled Pork Sandwich</p> <p>Caesar Salad</p> <p>Combo Salad Slider</p>	<p><b>4</b> Parent Conferences</p>
<p><b>7</b> Fall Break</p>	<p><b>8</b> Fall Break</p>	<p><b>9</b> Fall Break</p>	<p><b>10</b> Fall Break</p>	<p><b>11</b> Fall Break</p>
<p><b>14</b> School Lunch Week</p> <p>Roasted Hot Dog</p> <p>Homemade Chili Garlic Breadstick</p> <p>Golden French Fries</p> <p>Chicken Caesar Salad</p>	<p><b>15</b></p> <p>Walking Taco</p> <p>WG Chips, Salsa &amp; Cheese Cubes</p> <p>Refried Beans</p>	<p><b>16</b></p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Salisbury Steak Sandwich</p> <p>Mashed Potatoes Gravy</p> <p>Turkey Ranch Wrap</p>	<p><b>17</b> National Pasta Day</p> <p>Lasagna Rollup with Sauce</p> <p>Pasta with Meat Sauce</p> <p>Garlic Breadstick Leafy Green Salad</p> <p>Beef Taco Salad</p>	<p><b>18</b></p> <p>Cheesebread Dunkers with Marinara</p> <p>BBQ Chicken Sandwich</p> <p>Steamed Carrots</p> <p>Southwest Chicken Salad</p>
<p><b>21</b></p> <p>Pancakes</p> <p>French Toast Sticks</p> <p>Egg Patty Breakfast Potatoes</p> <p>Cold Cut Combo Sub</p>	<p><b>22</b></p> <p>Chicken Tacos, Soft Shell</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Refried Beans</p>	<p><b>23</b></p> <p>The "Mac" Flatbread</p> <p>Riblet Sandwich</p> <p>Steamed Carrots</p> <p>Chef Salad</p>	<p><b>24</b></p> <p>Burger Basket</p> <p>Chicken Nuggets Basket</p> <p>Turkey BLT Wrap</p> <p>Golden French Fries</p>	<p><b>25</b></p> <p>Cheese Personal Pizza</p> <p>Italian Turkey Panini</p> <p>Caesar Salad</p> <p>Chicken Caesar Salad</p>
<p><b>28</b></p> <p>Lasagna Rollup with Sauce</p> <p>Italian Meatball Sub</p> <p>Ham Munchable</p> <p>Garlic Breadstick Caesar Salad</p>	<p><b>29</b></p> <p>Beef Tacos, Soft Shell Pinto Beans</p> <p>Chicken Caesar Wrap</p>	<p><b>30</b></p> <p>Cheeseburger on Bun</p> <p>Crispy Chicken Sandwich</p> <p>Ham Deli Sub Sandwich</p> <p>Roasted Corn</p>	<p><b>31</b> Halloween</p> <p>October Birthday</p> <p>Popcorn Chicken Bowl</p> <p>"Frank"enstein Corn Dog</p> <p>Ham Deli Sub Sandwich</p> <p>Vampire Garlic Mash Potato Halloween Cookie</p>	

<b>PRICES</b>	Regular	\$2.50
	Reduced	\$0.40
	Adult	\$3.75
	Bottled Water	\$0.75
	Extra Milk	\$0.50

**EXTRA INFO**

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch. PB&J or Yogurt Pack are available every day. For questions or comments, contact the FSD Christopher Gallaga: [taher.foodservice@lhud.org](mailto:taher.foodservice@lhud.org) 928-854-5411



Your **MENUS** plus more information on our app **Taher Food4Life®**

[www.taher.com](http://www.taher.com)