

Elementary Menu October 2017



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Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger or Deli wrap: turkey and cheese Baked Lays Tossed green salad Lettuce/tomato/pickle Assorted fruit Carrot & celery sticks	3 Popcorn chicken smackers w/ or Yogurt muffin munchable Creamed Potatoes Green peas Tossed green salad Dessert Assorted Fruit	4 Chicken Fettuccini or BBQ Pork w/ roll corn green beans cucumber slices tossed green salad Assorted Fruit	5 Spaghetti w/ Roll or Corn Dog Oven Roasted Potatoes Broccoli w/ cheese tossed salad carrots Assorted Fruit	6 Beefy nachos w/ cheese or Pizza quesadilla nacho trimmings Refried Beans Spanish Rice tossed green salad Assorted fruit
9 <p style="text-align: center;">Columbus Day</p> <p style="text-align: center;">No School</p>	10 "Taco Tuesday" Crispy Beef taco Soft chicken Taco or Mini Chef salad Refried Beans Spanish rice Tossed green salad assorted fruit	11 Hamburger steak or Oven Fried Chicken baked sweet potato Steamed veggies, whole grain roll cucumber and tomato salad tossed green salad, fruit	12 Steak strips /roll or meatball sub pinto beans, okra steamed flavored rice tossed green salad fruit	13 "Breakfast For Lunch" Biscuit w/Gravy Sausage or Chicken Egg Omelet Sliced Tomatoes Tator Rounds Assorted Fresh Fruit
16 Sloppy Joe or Chicken Filet Sandwich Sweet potato fries Cole slaw, Baked beans Lettuce/tomato/pickle Tossed Green Salad Assorted Fruit	17 Chicken fritter bites w/roll or Mini Chef salad Creamed Potatoes Green peas Tossed green salad Fresh baby carrots w/dip Assorted Fruit	18 Pizza or Beef-a roni Corn Raw veggies w/ dip Frozen juice cups Tossed Green Salad Assorted Fruit	19 Cheeseburger Ham and cheese sub shop Baked chips, carrot sticks Sub shop trimmings tossed green salad Cowboy caviar Assorted Fruit	20 Fish strips w/ hushpuppies or Grilled chicken sandwich Mac n cheese Lima Beans Cole Slaw Tossed Green Salad Assorted fruit
23 Cheeseburger or Deli wrap: turkey and cheese Baked Lays Tossed green salad Lettuce/tomato/pickle Assorted fruit Carrot & celery sticks	24 Popcorn chicken smackers w/ or Yogurt muffin munchable Creamed Potatoes Green peas Tossed green salad Dessert Assorted Fruit	25 Chicken Fettuccini or BBQ Pork w/ roll corn green beans cucumber slices tossed green salad Assorted Fruit	26 Spaghetti w/ Roll or Corn Dog Oven Roasted Potatoes Broccoli w/ cheese tossed salad carrots Assorted Fruit	27 Beefy nachos w/ cheese or Pizza quesadilla nacho trimmings Refried Beans Spanish Rice tossed green salad Assorted fruit
Pizza or Chicken Filet Sandwich Corn Lettuce/tomato/pickle Raw veggie medley Tossed green salad Assorted Fruit	30 31 "Taco Tuesday" Crispy Beef taco Soft chicken Taco or Mini Chef salad Refried Beans Spanish rice Tossed green salad assorted fruit			

Assorted Fat Free Milk and Assorted Fruit served each day

"This institution is an equal opportunity employer"