

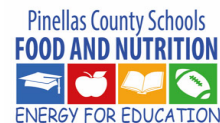
October Elementary Lunch Menu



DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.:
Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk
Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:
Choice 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices



Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE NOTE: The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.</p>				
<p>4 CHOOSE ONE: Chicken Tenders & Cornbread Backyard Pizza Burger Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Mixed Vegetable Medley Fresh Veggie Dippers</p>	<p>5 CHOOSE ONE: Max Cheese Sticks Chicken Vegetable Dumpling w/ Chicken Fried Rice Chicken Caesar Salad PB&J Kit CHOOSE: Green Beans * Marinara Sauce Cup * Romaine Side Salad *</p>	<p>6 CHOOSE ONE: Teriyaki Beef Dippers & Rice Cavatappi Pasta Alfredo Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad</p>	<p>7 CHOOSE ONE: Corn Dog <u>or</u> Hot Dog on a Bun Popcorn Chicken, Mashed Potatoes, Gravy & Roll Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Corn Niblets Mixed Side Salad</p>	<p>1 CHOOSE ONE: Pizza Variety Boneless Dill Chicken Wings & Roll Variety Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers</p>
<p>11 CHOOSE ONE: Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Santé Fe Black Beans Fresh Veggie Dippers</p>	<p>12 CHOOSE ONE: Breakfast for Lunch Mozzarella Stuffed Garlic - Breadsticks Chicken Caesar Salad PB&J Kit CHOOSE: Deli Roaster Potato * Marinara Sauce Cup * Romaine Side Salad *</p>	<p>13 CHOOSE ONE: Chicken Nuggets Pasta w/ Meatballs <u>or</u> Pasta w/ Meat Sauce Yogurt & Fruit Parfait Ham & Cheese Croissant CHOOSE: Corn Niblets Sliced Cucumbers Side Salad</p>	<p>14 CHOOSE ONE: Mandarin Orange Chicken Rice Bowl w/ Chow Mein Noodles Grilled Cheese Sandwich Chef Salad Chicken Caesar Wrap CHOOSE: Tomato Soup Mixed Side Salad</p>	<p>8 NO SCHOOL FOR STUDENTS</p>
<p>18 CHOOSE ONE: Hamburger Sliders <u>or</u> Cheeseburger Sliders Popcorn Chicken & Waffle Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>19 CHOOSE ONE: Beef Tacos <u>or</u> Pork Tacos Cheesy Bread Chicken Caesar Salad PB&J Kit CHOOSE: Corn Niblets* Marinara Sauce Cup * Romaine Side Salad *</p>	<p>20 CHOOSE ONE: Macaroni & Cheese Tacho Chicken Bowl w/ Garlic Breadstick Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad</p>	<p>21 CHOOSE ONE: Featured Entrée- Cheese Lasagna Roll-Up & Roll BBQ Pork Flatbread Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Crispy Fries Mixed Side Salad</p>	<p>15 CHOOSE ONE: Pizza Variety Cheesy Fish Filet Sandwich Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers</p>
<p>25 CHOOSE ONE: Chicken Tenders & Cornbread Backyard Pizza Burger Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Mixed Vegetable Medley Fresh Veggie Dippers</p>	<p>26 CHOOSE ONE: Max Cheese Sticks Chicken Vegetable Dumpling w/ Chicken Fried Rice Chicken Caesar Salad PB&J Kit CHOOSE: Green Beans * Marinara Sauce Cup * Romaine Side Salad *</p>	<p>27 CHOOSE ONE: Teriyaki Beef Dippers & Rice Cavatappi Pasta Alfredo Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad</p>	<p>28 CHOOSE ONE: Corn Dog <u>or</u> Hot Dog on a Bun Popcorn Chicken, Mashed Potatoes, Gravy & Roll Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Corn Niblets Mixed Side Salad</p>	<p>22 CHOOSE ONE: Pizza Variety Boneless Dill Chicken Wings & Roll Variety Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers</p>
<p>29 CHOOSE ONE: Pizza Variety Chicken Tinga Tacos Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>				