

## **OCTOBER 2023**

Elementary Lunch Menu

Assorted Sandwiches Available
Daily on W/G Bread (Ham, Turkey,
Tuna & Sun Butter & Jelly) W/
Vegetable, Fruit & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Tenders* Sidewinder Fries Applesauce Cup, Bug Bite Cookies, Milk	Breakfast for Lunch Mini Maple Pancakes W/ Syrup, Egg Patty, Sausage Patty, Carrots W/ Lite Ranch Dip, Banana, Milk	Meatball Sub Sandwich W/ Melted Cheese, Lays Potato Chips, Seasoned Broccoli Strawberry Cup, Milk	Soft Tortilla Wrap or Tostitos W/ Seasoned Beef*, Cheese Salsa, Refried Beans Corn, Lettuce & Tomato Kiwi, Milk	W/G Stuffed Crust Pizza* Green Beans, Fruit Mix Milk
No School Indigenous People Day	Hamburger or Cheese- burger* on a w/g Bun French Fries, Green Beans Fresh Asian Pear, Milk	Chicken Nuggets* W/ Dipping Sauces, Milk Buttered Pasta, Seasoned Broccoli, Pineapple Tidbits	All Beef Hot Dog on a w/s Bun, Baked Beans Savory Corn, Strawberry Cup, Milk	W/G Wedge Cheese Pizza*, **Baked Kale Chips, Diced Carrots Assorted Fruits, Milk
Breaded Mozzarella Cheese Sticks*, Marinara Sauce, Green Beans Applesauce Cup, Milk	Fajita Chicken, Spanish Rice, Corn & Black Bean Salad, Salsa, Fruit Cocktail Milk	Pizza Crunchers* w/ Marinara Sauce, Carrots W/ Lite Ranch Dip, Pears, Milk EARLY RELEASE DAY	Cooks Choice* Assorted Vegetables Assorted Fruits Assorted Desserts, Milk	W/G Cheese Pizza Favorites*, Broccoli Florets W/ Lite Ranch Dip Crispy Apple, Milk
Corn Dog*, Smartfood Popcorn, Marinated Cucumber & Tomato Salad, Fruit Mix, Milk	Popcorn Chicken* Mashed Potatoes W/ Gravy, Buttery Corn Applesauce Cup, Milk	Creamy Chicken Alfredo W/ Broccoli, Welch's Fruit Snacks, Nectarine, Milk	Baked Grill Cheese Sandwich with or w/o Ham, Tator Tots, Diced Carrots, Pears, Milk	W/G 5" Round Pizza*  Marinated Garbanzo Bean  Salad, Celery W/ Lite Ranch  Jip, Orange Wedges, Milk
"Max" Breaded Cheese Sticks*, Marinara Dipping Sauce, Savory Green Beans Peaches, Milk	Batty Chicken Nuggets* Pumpkin Shaped Smiley Fries, Spooky Broccoli Trees Scooby Doo Cookie, Kiwi Milk			