

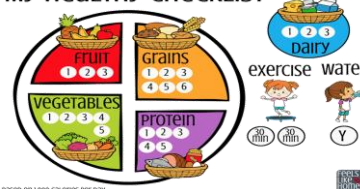









# October Lunch Menu



Elementary

<p>***FREE - MealViewer-in your Favorite App. Store!***</p>  <p>***See your Child's Menu on your phone, tablet, or computer***</p>		<p>MY HEALTHY CHECKLIST</p>  <p>BASED ON 1800 CALORIES PER DAY</p>	<p>THURSDAY 1</p> <p><i>Choice Of One Entrée</i></p> <p>Macaroni and Cheese w/ Roll Breaded Chicken Sandwich Lettuce Tomato Cup Mayonnaise/ Ketchup Vegetable Baked Beans Grape Tomatoes w/ Ranch Fruit/ Manager's Choice Choice of Milk</p>	<p>FRIDAY 2</p> <p><i>Choice Of One Entrée</i></p> <p>Pasta Italiano w/ Roll Philly Cheese Steak Sandwich Side Salad w/ Dressing Seasoned Green Beans Fruit/ Manager's Choice Choice of Milk</p>
<p>MONDAY 5</p> <p><i>Choice Of One Entrée</i></p> <p>Popcorn Chicken w/ Dipping Sauce Steak Fingers w/ Gravy Roll Mashed Potatoes Glazed Carrots Fruit/ Manager's Choice Choice Of Milk</p>	<p>TUESDAY 6</p> <p><i>Choice Of One Entrée</i></p> <p>Hot Dog on a Bun Ham/Cheese Rollup w/ Roll Mustard/ Mayonnaise/ Ketchup Side Salad w/ Dressing Broccoli w/Cheese Fruit/ Manager's Choice Choice Of Milk</p>	<p>WEDNESDAY 7</p> <p><i>Choice Of One Entrée</i></p> <p>Chicken Tenders w/Roll Ham Sandwich w/ Lettuce Tomato Cup Mustard/ Mayonnaise/ Dipping Sauce Curly Fries w/ Ketchup Baby Carrots w/ Ranch Fruit/ Manager's Choice Choice Of Milk</p>	<p>THURSDAY 8</p> <p><i>Choice Of One Entrée</i></p> <p>Barbecue Pork Sandwich on a Bun Yogurt/ Cheese Stick/ Goldfish Broccoli w/Cheese Vegetable Baked Beans Fruit/ Manager's Choice Choice Of Milk</p>	<p>FRIDAY 9</p> <p><i>Choice Of One Entrée</i></p> <p>Cheese Pizza Cheese Sticks w/ Marinara Side Salad w/ Dressing Seasoned Corn Fruit/ Manager's Choice Choice of Milk</p>
<p>MONDAY 12</p>  <p>FALL BREAK NO SCHOOL</p>	<p>TUESDAY 13</p>  <p>FALL BREAK NO SCHOOL</p>	<p>WEDNESDAY 14</p>  <p>FALL BREAK NO SCHOOL</p>	<p>THURSDAY 15</p>  <p>FALL BREAK NO SCHOOL</p>	<p>FRIDAY 16</p>  <p>FALL BREAK NO SCHOOL</p>
<p>MONDAY 19</p> <p><i>Choice Of One Entrée</i></p> <p>Hamburger On a Bun (Cheese Optional) Baked Pretzel w/ Cheese Sauce Lettuce/ Tomato/ Pickle Cup Fresh Baby Carrots w/ Ranch Fruit/ Managers Choice Choice of Milk</p>	<p>TUESDAY 20</p> <p><i>Choice Of One Entrée</i></p> <p>Corn Dog BBQ Pork Nachos w/ Queso Mayonnaise/ Mustard/ Ketchup Broccoli Dippers w/ Ranch Lettuce/ Tomato Cup Seasoned Green Beans Fruit/ Manager's Choice Choice Of Milk</p>	<p>WEDNESDAY 21</p> <p><i>Choice Of One Entrée</i></p> <p>Breaded Chicken Sandwich Hot Ham and Cheese Sandwich Mayonnaise/ Ketchup Curly Fries Seasoned Corn Fruit/ Manager's Choice Choice Of Milk</p>	<p>THURSDAY 22</p> <p><i>Choice Of One Entrée</i></p> <p>Chicken Tenders w/ Dipping Sauce/ Roll Pasta Italiano w/ Roll Vegetable Baked Beans Cucumber Slices w/ Ranch Fruit/ Manager's Choice Choice Of Milk</p>	<p>FRIDAY 23</p> <p><i>Choice Of One Entrée</i></p> <p>Cheese Pizza Chips w/ Queso Seasoned Corn Steamed Broccoli Fruit/ Manager's Choice Choice Of Milk</p>
<p>MONDAY 26</p> <p><i>Choice Of One Entrée</i></p> <p>Popcorn Chicken / Dipping Sauce w/ Roll Yogurt w/ Cheese Stick/ Goldfish Glazed Carrots Broccoli Dippers w/ Ranch Choice Of Milk Fruit/ Manager's Choice</p>	<p>TUESDAY 27</p> <p><i>Choice Of One Entrée</i></p> <p>Cheese Quesadilla Soft Taco w/ Lettuce/ Tomato Cup Sour Cream Pintos and Cheese Seasoned Corn Fruit/ Manager's Choice Choice of Milk</p>	<p>WEDNESDAY 28</p> <p><i>Choice Of One Entrée</i></p> <p>Hamburger on a Bun (Cheese Optional) Cheese Sticks w/ Marinara Steamed Broccoli Cucumber Slices w/ Ranch Fruit/ Manager's Choice Choice of Milk</p>	<p>THURSDAY 29</p> <p><i>Choice Of One Entrée</i></p> <p>Macaroni and Cheese w/ Roll Breaded Chicken Sandwich Lettuce Tomato Cup Mayonnaise/ Ketchup Vegetable Baked Beans Fresh Vegetable Cup w/ Ranch Fruit/ Manager's Choice Choice of Milk</p>	<p>FRIDAY 30</p> <p><i>Choice Of One Entrée</i></p> <p>Teriyaki Chicken w/ Roll Philly Cheese Steak Sandwich Side Salad w/ Dressing Seasoned Green Beans Fruit/ Manager's Choice Choice of Milk</p>