

OCTOBER 2018

EL MORRO ELEMENTARY

MONDAY

MEATLESS MONDAY 1

All Natural
Bean & Cheese Burrito (V)
Salsa – Sliced Pears
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

MEATLESS MONDAY 8

Cheese Lasagna (V)
W/Marinara Sauce
Peach Cup
Choice of Sides
Choice of Milk

MEATLESS MONDAY 15

Bean Tostada (V)
w/Cheddar Cheese
Lettuce/Tomato/Salsa
Apricot Cup
Choice of Sides
Choice of Milk

MEATLESS MONDAY 22

Whole Grain Spaghetti
W/Marinara Sauce &
Breadstick (V)
Applesauce Cup
Choice of Sides
Choice of Milk

Starkist

Tuna Salad 29
On Gold Fish Bread
Peach Cup
Gold Fish Crackers
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

TUESDAY

BBQ Pulled Pork 2
On a Whole Grain Bun
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Mandarin King 9
House Chicken w/Rice
Organic Orange Slices
Choice of Sides
Choice of Milk

Turkey & Cheese 16
Gold Fish Bread
Apricot Cup
Gold Fish Crackers
Choice of Sides
Choice of Milk

Mandarin King 23
House Chicken w/Rice
Organic Orange Slices
Choice of Sides
Choice of Milk

Meatballs Marinara 30
w/Breadstick
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

WEDNESDAY

NITRITE FREE 3
100% All Beef Hot Dog or
Veggie Burger (V)
Baked Beans
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

GRASS FED 10
100% All Beef Hamburger
Cheeseburger or Veggie
Burger (V) Whole Grain Bun
Baked Beans
Choice of Sides
Choice of Milk

NITRITE FREE 17
100% All Beef Hot Dog or
Veggie Burger (V)
Baked Beans
Choice of Sides
Choice of Milk

GRASS FED 24
100% All Beef Hamburger
Cheeseburger or Veggie
Burger (V) Whole Grain Bun
Baked Beans
Choice of Sides
Choice of Milk

Chili Con Carne 31
with Gold Fish
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

THURSDAY

Chili Con Carne 4
with Gold Fish
Blue Raspberry
Lemon Ice
Seasonal Organic Fresh
Fruits and Vegetables
Choice of Milk

Popcorn Chicken 11
Oven Potatoes
Choice of Sides
Choice of Milk

Baked Chicken 18
Brown Rice
Blue Raspberry
Lemon Ice
Choice of Sides
Choice of Milk

Popcorn Chicken 25
Oven Potatoes
Choice of Sides
Choice of Milk

FRIDAY

Z PIZZA 5
Cheese Pizza (V)
Pepperoni Pizza
Strawberry Cup
Choice of Sides
Choice of Milk

Z PIZZA 12
Cheese Pizza (V)
Peach Cup
Choice of Sides
Choice of Milk

Z PIZZA 19
Cheese Pizza (V)
Pepperoni Pizza
Strawberry Cup
Choice of Sides
Choice of Milk

Z PIZZA 26
Cheese Pizza (V)
Peach Cup
Choice of Sides
Choice of Milk

A La Carte

Bagel w/Cream Cheese	\$1.00
Soft Pretzel	\$1.00
Blueberry Muffin	\$0.75
Yogurt	\$1.25
Cereal w/Milk	\$1.50
Breakfast Sandwich	\$2.00
Organic Fruit Parfait	\$2.00
Assorted Chips	\$1.00
Granola Bar	\$0.50
Krispy Treat	\$1.00
Milk/Juice	\$0.60
Organic Fresh Fruit	\$0.50
Water	\$1.00

Lunch Price \$3.90

Staff Meal \$4.40

“ORGANIC”

FRESH FRUIT/SALAD BAR
NOW PROUDLY SERVING SEASONAL
LOCALLY GROWN
ORGANIC FRUITS & VEGETABLES
CHOICE OF MILK

School News

NUTRITION SERVICES FEATURING

SALAD BARS WITH
FRESH, SEASONAL,
ORGANIC FRUITS
AND VEGETABLES

497-7700 x5216 or email
dappel@lbusd.org

Please take a minute to check out the
Nutrition Services website

www.lbusd.org

GOING GREEN ONLINE MENUS



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“This institution is an equal
opportunity provider”

DID YOU KNOW...

October comes from the Latin
word “octo” which means eight.