

Meatless

October Lunch Menu ~ K - 5th



Daily Produce Bar

Harvest of the Month



- Apples
- Oranges
- Bananas
- Watermelon or Grapes
- Chilled Pears or Chilled Peaches
- Applesauce
- Local Strawberries
- Romaine Lettuce
- Baby Carrots
- Corn or Kidney Beans
- Green Beans or Cucumbers

* Selections vary seasonally and daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheesy Pizza Slice	2 Beef Taco Wrap	3 Teriyaki Chicken Bowl w/ Brown Rice	4 Meatballs w/ Marinara & Texas Toast	5 French Toast & Chicken Sausage Brunch for Lunch
Menu Design Contest Begins				
8 Cheesy Mac & Cheese Cookie Day	9 Turkey Empanada "Taco Nada"	10 Chicken Nuggets w/ Goldfish Crackers	11 Chili & Baked Tostito Scoops	12 Chicken Burger on a Wheat Bun
15 Waffle & String Cheese Brunch for Lunch	16 Pepperoni Pizza	17 Orange Chicken Bowl w/ Brown Rice	18 BBQ Drumstick w/ Texas Toast	19 Cheese Burger on a Wheat Bun Menu Design Contest Submissions Due!
22 Cheesy Bread Bites W/ Marinara	23 Chicken Corn Dog	24 Chicken Nuggets w/ Goldfish Crackers	25 Chefs Choice Cookie Day	26 Chicken Burger on a Wheat Bun
29 Cheesy Pizza Slice	30 Beef Taco Wrap	31 Holiday Chicken Nuggets w/ Goldfish Crackers	<div style="border: 1px solid blue; padding: 5px;"> Lunch Includes Unlimited Daily Produce Bar 100% Fruit Juice & Choice of 1% White or Non-Fat Chocolate Milk </div> <div style="border: 1px solid red; padding: 5px; margin-top: 5px;"> DAILY ALTERNATE ENTREES Turkey & Cheese Sub or Peanut Butter & Jelly Uncrustable Snack Pack or NEW Entrée Salad Bar </div>	

PRICES

Full Pay \$2.75 Reduced Pay \$0.40
 Bottled Water \$0.75 Milk or Juice \$.50
 Staff \$4.00

= Contains pork

= Vegetarian Option

Pick up a form for our menu design contest in your cafeteria!