

Elementary Schools

Lunch - Elementary Schools, K-8 & Independence Non-Traditional

OCTOBER 2021

1

-Choose 1 Protein & Grain-

Spicy Chicken

w/ Bun

Chicken Enchilada

Fish Nuggets

w/ Dinner Roll

-Add-

Baked Beans

Kickin' Roasted Veggies

-Garden Vegetable Bar-

Tossed Salad

Sliced Tomatoes

Pickles

-Fruit Bar-

Chilled Pears & Blueberries

Fresh Melon

4	5	6	7	8
-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Pizza Sticks w/ Dipping Sauce Ham & Cheese Pull-Apart Bread Sticks Vegetarian Stuffed Pepper w/ Garlic Bread	Popcorn Chicken w/ Dinner Roll Zesty Meatloaf w/ Dinner Roll Mini Calzones w/ Dipping Sauce	Cheese Pizza Pepperoni Pizza Sloppy Joe on Slider Buns	Rosé Bolognese w/ Garlic Bread Cheesy Bread All Beef Hot Dog w/ Bun w/ Chili	Crispy Chicken w/ Bun Cheeseburger/Bun Grilled Cheese Sandwich
-Add-	-Add-	-Add-	-Add-	-Add-
Green Beans -Garden Vegetable Bar-	Mashed Potatoes w/ Gravy Parmesan Broccolini	Sunshine Carrots -Garden Vegetable Bar-	Baked Beans -Garden Vegetable Bar-	Curly Fries Tomato Basil Soup -Garden Vegetable Bar-
BLT Romaine Salad Baby Carrots Celery Sticks -Fruit Bar-	-Garden Vegetable Bar- Layered Lettuce Salad Cucumber Slices	Cauliflower Florets -Fruit Bar- Fresh Pear Applesauce	Greek Salad Baby Carrots Broccoli Florets -Fruit Bar- Orange Wedges Strawberry Shortcake	Tossed Salad Sliced Tomatoes Pickles -Fruit Bar- Chilled Peaches Graham Banana Bites
Kiwi Wedges Chilled Mixed Fruit	-Fruit Bar- Apple Wedges Frozen Fruit Juice Cup			

11	12	13	14	15
-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Fiesta Queso Macaroni & Cheese w/ Dinner Roll Chicken Teriyaki over Rice w/ Dinner Roll Morningstar Chik'n Nuggets w/ Dinner Roll	Beef Nachos w/ Queso Chicken Fajita w/ Cheese Stuffed Crust Cheese Pizza	Cheese Quesadilla Corn Dog Nuggets Spaghetti w/ Meat Sauce w/ Garlic Bread	Chicken & Waffles Mini Pancakes w/ Sausage Links	Spicy Chicken w/ Bun Chicken Enchilada Fish Nuggets w/ Dinner Roll
-Add-	-Add-	-Add-	-Add-	-Add-
Stir Fried Cabbage	Baked Plantains	Steamed Broccoli	Hot Spiced Apples	Baked Beans
-Garden Vegetable Bar-	-Garden Vegetable Bar-	-Garden Vegetable Bar-	-Garden Vegetable Bar-	Kickin' Roasted Veggies
BLT Romaine Salad	Corn Salad	Pomegranate Blueberry Spinach Salad	Greek Salad	-Garden Vegetable Bar-
Baby Carrots	Lettuce & Tomato	Cucumber Slices	Sunny Broccoli & Cauliflower Toss	Tossed Salad
Broccoli Florets	Celery Sticks	Pumpkin Soufflé	Baby Carrots	Sliced Tomatoes
-Fruit Bar-	-Fruit Bar-	-Fruit Bar-	-Fruit Bar-	Pickles
Pear Wedges	Fresh Apple	Fresh Grape Clusters	Fresh Banana	-Fruit Bar-
Mandarin Orange Cup	Frozen Mixed Berry Cup or Frozen Peach Cup	Chilled Pineapple Chunks	Fruit Crisp	Chilled Pears & Blueberries
				Fresh Melon

18	19	20	21	22
-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Pizza Sticks w/ Dipping Sauce Ham & Cheese Pull-Apart Bread Sticks Vegetarian Stuffed Pepper w/ Garlic Bread	Popcorn Chicken w/ Dinner Roll Zesty Meatloaf w/ Dinner Roll Mini Calzones w/ Dipping Sauce	Cheese Pizza Pepperoni Pizza Sloppy Joe on Slider Buns	Rosé Bolognese w/ Garlic Bread Cheesy Bread All Beef Hot Dog w/ Bun w/ Chili	Crispy Chicken w/ Bun Cheeseburger/Bun Grilled Cheese Sandwich
-Add-	-Add-	-Add-	-Add-	-Add-
Green Beans -Garden Vegetable Bar-	Mashed Potatoes w/ Gravy Parmesan Broccolini	Sunshine Carrots -Garden Vegetable Bar-	Baked Beans -Garden Vegetable Bar-	Curly Fries Tomato Basil Soup -Garden Vegetable Bar-
BLT Romaine Salad Baby Carrots Celery Sticks -Fruit Bar-	-Garden Vegetable Bar-	Cauliflower Florets -Fruit Bar-	Greek Salad Baby Carrots Broccoli Florets -Fruit Bar-	Tossed Salad Sliced Tomatoes Pickles -Fruit Bar-
Kiwi Wedges Chilled Mixed Fruit	Layered Lettuce Salad Cucumber Slices -Fruit Bar-	Fresh Pear Applesauce	Orange Wedges Strawberry Shortcake	Chilled Peaches Graham Banana Bites

25	26	27	28	29
-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Fiesta Queso Macaroni & Cheese w/ Dinner Roll Chicken Teriyaki over Rice w/ Dinner Roll Morningstar Chik'n Nuggets w/ Dinner Roll	Beef Nachos w/ Queso Chicken Fajita w/ Cheese Stuffed Crust Cheese Pizza	Cheese Quesadilla Corn Dog Nuggets Spaghetti w/ Meat Sauce w/ Garlic Bread	Chicken & Waffles Mini Pancakes w/ Sausage Links	Spicy Chicken w/ Bun Chicken Enchilada Fish Nuggets w/ Dinner Roll
-Add-	-Add-	-Add-	-Add-	-Add-
Stir Fried Cabbage	Baked Plantains	Steamed Broccoli	Hot Spiced Apples	Baked Beans
-Garden Vegetable Bar-	-Garden Vegetable Bar-	-Garden Vegetable Bar-	-Garden Vegetable Bar-	Kickin' Roasted Veggies
BLT Romaine Salad	Corn Salad	Pomegranate Blueberry Spinach Salad	Greek Salad	-Garden Vegetable Bar-
Baby Carrots	Lettuce & Tomato	Cucumber Slices	Sunny Broccoli & Cauliflower Toss	Tossed Salad
Broccoli Florets	Celery Sticks	Pumpkin Soufflé	Baby Carrots	Sliced Tomatoes
-Fruit Bar-	-Fruit Bar-	-Fruit Bar-	-Fruit Bar-	Pickles
Pear Wedges	Fresh Apple	Fresh Grape Clusters	Fresh Banana	-Fruit Bar-
Mandarin Orange Cup	Frozen Mixed Berry Cup or Frozen Peach Cup	Chilled Pineapple Chunks	Fruit Crisp	Chilled Pears & Blueberries
				Fresh Melon

This institution is an equal opportunity provider.