



**October - Farm to School Month**  
**National Lunch Week -10th-14th**



**Nutrition Tip:** October is Farm to School Month- What is in your Garden? Sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. Check out the Ell-Saline Menu for Local Garden Cucumbers, Tomatoes, Watermelons, Bell Peppers and Sweet Potatoes.



### Monday



### Wednesday

### Thursday

### Friday

Cheese Bread Sticks **3**  
 Marinara Sauce  
 Seasoned Corn  
 Tossed Salad  
 Apple Half, Milk

Hamburger on a Bun **4**  
 Leaf Lettuce & Tomato  
 Oven Fries  
 Red Pepper Strips, Milk  
 Strawberries & Banana's

Cheese Pizza **5**  
 Broccoli Florets  
 Fresh Baby Carrots  
 Pineapple Tidbits  
 Milk

Chicken Chili Crispito **6**  
 Romaine Lettuce  
 Southwestern Lentils  
 Tomato Salsa  
 Orange Slices, Milk

Chicken Nuggets **7**  
 Seasoned Brown Rice  
 Cherry Tomatoes  
 Celery Sticks  
 Diced Pears, Milk

Show Your Spirit! **10**  
 Grill Chicken on a Bun  
 Ell-Saline Cucumbers, Celery  
 Hash Brown Patty  
 Banana, Mmmm Milk

National **11**  
 Proudful Pepperoni Pizza  
 Broccoli Florets,  
 Baby Carrots, Mixed Fruit  
 Mighty Milk

School **12**  
 Warm Up Chicken Chili  
 Corn Bread  
 Cherry Tomatoes, Cucumber  
 Orange , Must have Milk!

Lunch Week! **13**  
 Mighty Meatball Sub  
 Ranch Potato Wedges  
 Tossed Salad, Crisp Apple  
 Go the Mile Milk!

Go Cardinals! **14**  
 Power Popcorn Chicken  
 Baked Beans, Baby Carrots  
 Creamy Coleslaw, Grapes  
 ENERGIZING MILK (6-12Roll

Baked Chicken **17**  
 Savory Rice  
 Fresh Broccoli  
 Spaghetti Squash, Apple  
 Roll and Jelly, Milk

Yummy Sloppy Joes **18**  
 Ranch Potatoes  
 Garden Salad  
 Pineapple , Milk

Beef and Noodles **19**  
 Mashed Potatoes  
 Green Beans  
 Strawberries& Bananas  
 Milk (6-12) Muffin

Hamburger on a Bun **20**  
 Leaf Lettuce, Tomato Slice  
 Oven Fries, Red Bell Pepper  
 Orange Halves, Milk

Chicken Tetrzzini **21**  
 Garlic Bread  
 Tossed Salad, Peaches  
 Seasoned Peas ,Milk

Chicken Fajita, Salsa **24**  
 Refried Beans, Tortilla Chips  
 Red Pepper Strips  
 Fresh Orange  
 Milk Choice

Rib on a Bun **25**  
 Leaf lettuce & Tomato Slice  
 Sweet Potato Waffle Fries  
 Banana  
 Milk Choice

Corn Dog **26**  
 Green Beans  
 Triangle Tater  
 Fruit Cocktail ,Cookie  
 Milk Choice

Taco Soup **27**  
 Tortilla Chips & Tomato  
 Salsa, Broccoli florets  
 Apple Sauce, Milk Choice

No School Today **28**  
 Teacher Workday

No School Today **31**  
 Teacher In Service

Locally **Grown** Bell Peppers,  
 Cucumbers and Spaghetti  
 Squash.

