

October 2017

Cannot wait to see you at Lunch!

LUNCH

Happy Fall Y'all !



Nutrition Tip: Practice stealth health - 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.



Monday

Mini Meatball Sub **2**
Potato Wedge
Tossed Salad
Diced Peaches, Milk

Tuesday

Popcorn Chicken **3**
Baked Beans
Creamy Coleslaw
Banana, Roll & Jelly, Milk

Wednesday

White Chicken Chili **4**
Corn Bread
Ch. Tomato, Cucumber
Applesauce, Milk

Thursday

Biscuits and Gravy **5**
Sausage Patty
Broccoli Florets, Orange
Hash Brown, Milk

Friday

Grilled Chicken/Bun **6**
Baby Carrots
Lettuce & Tomato Slice
Pineapple Tidbits Milk

Pork Rib on a Bun **9**
Lettuce & Tomato
Sweet Potato Puffs
Fresh Apple, Milk

Taco Soup **10**
Tortilla Chips & Salsa
Carrots & Celery Sticks
Berries & Bananas
Milk

Corn Dog **11**
Baked Beans, Tater Tots
Snickerdoodle
Cantaloupe, Milk

Turkey & Cheese Su **12**
Seasoned Corn
Garden Salad,
Fruit Cocktail, Milk

Chicken Fajita, Chip **13**
Refried Beans, Salsa
Broccoli florets, Carrot
Orange halves, Milk

Bean & Beef Burrit **16**
Tomato Salsa , Corn
Romaine Lettuce, T.Chips
Orange Halves, Milk

Country Beef Pattie **17**
Potatoes & Gravy
Steamed Broccoli, Milk
Pineapple, Roll & Jelly

No School Today **18**

No School Today **19**

No School Today **20**



Cheese Pizza **23**
Celery Sticks,
Cucumbers slices,
Pineapple Tidbits, Milk

Hamburger on a bur **24**
Leaf Lettuce & Tomato
Bell Pepper Strips
Oven Fries, Orange, Milk

Chicken Nuggets **25**
Mashed Potatoes, Gravy
Gr Beans, Biscuit & Jelly
Fresh Grapes, Milk

Sloppy Joe on a Bun **26**
Tri Tater
Broccoli Florets
Apple, Milk

Chicken Tetrzzini **27**
Tossed Salad,
Baby Carrots, Peaches
Garlic Bread, Milk

No School Today! **30**

Happy Halloween **31**
Spooky Spaghetti
Garden Salad, Green
beans, Garlic Bread,
Mandarin Oranges, Milk

11/ 1- Chicken Wrap
11/2 - Chicken+ Noodles
11/3- Pig in a Blanket

