

LUNCH

October 2014

Ell-Saline Elementary/MS/HS

Lunch Fact

MyPlate recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

An Equal Opportunity Employer 10/28 * SWEET & SOUR SAUCE



“GET IN THE GAME WITH SCHOOL LUNCH”

OCTOBER 13-15- National School Lunch Week
WEAR YOUR FAVORITE TEAM SHIRT ON MONDAY October 13!!! Special happenings through out the week during lunch!

PARENTS- Come join your child for lunch, Let the office know by 9:30am. Adult lunch \$3.35

* wednesday

CHILI
CORN TORTILLA CHIPS
CUCUMBERS & CELERY
APPLESAUCE
CINNAMON ROLL, MILK

1

* thursday

MAC & CHEESE
MEAT BALLS
SEASONED PEAS
BABY CARROTS,
ORANGE HALVES, MILK

2

* friday

HAMBURGER ON A BUN
LEAF LETTUCE & TOMATO
OVEN FRIES
DICED PEARS
MILK

3

CHICKEN FAJITA
LETTUCE & RED PEPPERS
TORTILLA CHIPS & SALSA
REFRIED BEANS
MANDARIN ORANGES, MILK

6

PORK RIB ON A BUN
LEAF LETTUCE & TOMATO
SWEET POTATO PUFFS
APPLE QUARTERS
BROWNIE, MILK

7

TACO SOUP
CORN TORTILLA CHIPS
FRESH BROCCOLI
BANANA
MILK (9-12) Rice Crispy Treat

8

CORN DOG
BAKED BEANS
POTATO WEDGE
DICED PEACHES
MILK

9

COWBOY CAVATINI
SEASONED PEAS
GARDEN SALAD,
FRUIT COCKTAIL
ROLL & JELLY, MILK

10

HALF TIME PIZZA
FOOTBALL TOSS SALAD
BREAD STICK w/MARINARA
TOUCH DOWN ORANGE
MILK (9-12) String Cheese

13

100 METER TACO BURGER
LETTUCE & TOMATO
LONG JUMP BEANS, SALSA
BATTON BANANA,
QUICK ENERGY w/ MILK

14

HOT SUN HAM & CHEESE
FIRST BASE POTATO
OVER THE FENCE Broccoli
HOME RUN FOR GRAPES
REFRESHING COLD MILK

15

ACE LASAGNA
SET GARDEN SALAD
GOOD GAME CARROTS
TEAM SPIRIT APPLES
SLAM DUNK COOKIE, MILK

16

NO SCHOOL TODAY
Teacher Work Day!

17

CHICKEN DRUMSTICK
SAVORY RICE, CORN
FRESH BROCCOLI
PINEAPPLE
Oatmeal ROLL & JELLY MILK

20

SLOPPY JOE ON A BUN
SWEET POTATO WAFFLE
BAKED BEANS
CHILLED PEARS
MILK

21

CHICKEN TETRAZZINI
TOSSED SALAD
STEAMED CARROTS
GARLIC BREAD
APPLE QUARTERS

22

HAMBURGER ON A BUN
LEAF LETTUCE & TOMATO
TRI TATER, RED BELL PEP
ORANGE HALVES
MILK (6-12) Apple Crisp

23

BEEF & NOODLES
MASHED POTATOES
GREEN BEANS
RED GRAPES, MILK
(6-12) Blue berry Muffin

24

CHEESE BREAD
W/ MARINARA SAUCE
GARDEN SALAD
SEASONED PEAS
TROPICAL FRUIT, MILK

27

CHICKEN STRIPS,
* SS SAUCE, BROWN RICE,
ASIA VEGGIES, CELERY
CHERRY TOMATOES
BANANA, MILK

28

BBQ PULLED PORK
ON A BUN, TATER TOTS
BAKED BEANS
STRAWBERRIES& GELATIN
MILK

29

SUPER NACHO'S
LETTUCE & TOMATO
CORN, TORTILLA CHIPS
SALSA, APPLE QUARTERS
MILK

31

NO SCHOOL TODAY
Teacher Work Day!

31