


October 2015 Happy Fall ! Elementary, Middle & High School

LUNCH

School Information:

 National School Lunch Week / Farm To School October 12-16
 "Apple Crunch Day" October 22 School Wide
 Crunch an Apple @ 12:00pm

Nutrition Tip: 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. Ell-Saline Bread Products are made with Kansas Farm To School Whole Wheat Flour.



Monday

Tuesday

Wednesday

Thursday

Friday



Hamburger on a bun
 Lettuce & Tomato
 Oven Fries
 Banana
 Milk

Baked Ham **1**
 FTS Sweet Potatoes
 Green Beans
 Biscuit & Jelly, Orange
 Honey Apple Crisp, Milk

Spaghetti & Meat Sauce **2**
 Garlic Bread
 FTS Garden Salad
 Baby Carrots, Milk

Pig in a Blanket **5**
 Tri Tater
 FTS –Steamed Zucchini
 Baby Carrots
 Banana, Milk

Ell-Saline Chili **6**
 Pepper Strips
 Apple Sauce
 Cinnamon Roll, Milk
 (9-12) Tortilla Chips

Grilled Chicken Wrap **7**
 Seasoned Rice
 Romaine & Tomato
 FTS. Squash, Tropical
 Fruit, (9-12 Cookie)

Taco Salad **8**
 Tortilla Chips, FTS Salsa
 Refried Beans
 Pineapple Tidbits, Milk
 (6-12 Cinnamon Puff)

Chicken & Noodles **9**
 Mashed Potatoes
 Green Beans
 Fresh Grapes, Milk
 (6-12 WW Roll & Honey)

National Lunch Week **12**
 Crispy Chicken Strips
 Potatoes & Cream Gravy
 Brookville Coleslaw, Milk
 Banana, Roll & Honey

Salina's Tony's Pizz **13**
 Tossed Salad & Ranch
 Cherry Tomatoes
 Fresh Kansas Apples
 Cold Refreshing Milk

Taco Burger **14**
 Dark Leaf Lettuce,
 FTS Salsa, Tomato Slice
 Refried Beans, Orange
 Churro, Longhorn Milk

Ell-Saline- **15**
 Hot Ham & Cheese,
 Tasty Potato Wedges,
 Broccoli Florets
 Sliced Pears, Milk

No School Today **16**
 Teacher Work Day

Bean & Beef Burrito **19**
 Tomato Salsa
 Lettuce & Tomato
 Corn, Banana
 Milk (9-12 Tortilla Chips)

Stromboli Squares **20**
 Garden Salad
 Baby Carrots
 Diced Peaches
 Milk (9-12 Breadstick)

BBQ Beef on a Bun **21**
 Baked Beans
 Cucumbers & Celery
 Tropical Fruit, Milk
 (6-12 Brownie)

APPLE CRUNCH DAY **22**
 County Beef Pattie
 Potatoes & Gravy
 Steamed Broccoli, Milk
 Apple(6-12 Roll & Jelly)

Turkey & Cheese Su **23**
 Leaf Lettuce & Tomato
 Oven Fries
 Orange Smiles, Milk
 (9-10) Graham Snack

Mini Meat Ball Sub **26**
 Ranch Potato Wedges
 Tossed Salad
 Diced Peaches
 Milk

White Chicken Chili **27**
 Corn Bread, Cucumbers
 Pepper Strips
 Rosy Applesauce
 Milk

Biscuits & Gravy **28**
 Sausage Patty
 Fresh Baby Carrots
 Tri Tater
 Tropical Fruit, Milk

Spooky Nuggets **29**
 Potatoes & Gravy
 Fresh Broccoli Florets
 Wheat Roll & Jelly
 Orange Slices, Milk

No School Today **30**
 Teacher-in-Service