

Fruit of the Month chosen by our students:

**WATERMELON!!**



# SCHOOL LUNCH

## WHAT'S COOKING?



### What Makes A Lunch?


Lunch is based on 3-5 choices

(fruit, vegetable, grain, protein, and milk) daily.

Students must choose a fruit or vegetable with their lunch.

**October Elementary Lunch \$2.75**

This institution is an equal opportunity provider.

Offered Daily	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Golden Crispy Tenders w/ Biscuit</li> <li>Fresh Baked Pita Chips, String Cheese and Hummus ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Grilled Chicken Caesar Salad w/ Flatbread</li> </ul>	<p>10/1 &amp; 10/29 <b>Bean &amp; Cheese Burrito</b></p> <p>✓ Fajita Wrap ✓</p>	<p>10/2 &amp; 10/30 <b>Gluten Free Chicken Teriyaki w/ Brown Rice</b></p> <p>Riced Cauliflower w/ Pita ✓</p>	<p>10/3 &amp; 10/31 <b>All American Cheeseburger</b></p> <p>Chili &amp; Potatoes ✓</p>	<p>10/4 <b>Macaroni &amp; Cheese</b></p> <p>✓ Italian Style Eggplant w/ Pasta ✓</p>	<p>10/5 <b>Chicken Hot Dog</b></p> <p>✓ Taco Salad ✓</p>
<ul style="list-style-type: none"> <li>Crispy Chicken Nuggets w/ Biscuit</li> <li>Gluten Free Vanilla Yogurt and Granola ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Asian Chicken Salad w/ Flatbread</li> </ul>	<p>10/8 <b>Sourdough Grilled Cheese</b></p> <p>✓ Loco Burrito ✓</p>	<p>10/9 <b>Crispy Baked Drumstick w/ Biscuit</b></p> <p>Veggie Rice Bowl ✓</p>	<p>10/10 <b>Mini Corn Dogs</b></p> <p>Asian Quinoa Salad ✓</p>	<p>10/11 <b>Homemade Bolognese Pasta</b></p> <p>Italian Rotini Bowl ✓</p>	<p>10/12 <b>Make Your Own Nachos</b></p> <p>Hummus Wrap ✓</p>
<ul style="list-style-type: none"> <li>Homestyle Chicken Sandwich</li> <li>Fresh Baked Pita Chips, String Cheese and Hummus ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Grilled Chicken Caesar Salad w/ Flatbread</li> </ul>	<p>10/15 <b>Macaroni &amp; Cheese</b></p> <p>✓ Veggie Rice Bowl ✓</p>	<p>10/16 <b>Mandarin Orange Chicken w/ Brown Rice</b></p> <p>Riced Cauliflower w/ Pita ✓</p>	<p>10/17 <b>Turkey &amp; Cheese Sub Sandwich w/ Sun Chips</b></p> <p>Succotash w/ Brown Rice ✓</p>	<p>10/18 <b>Cheeseburger Sliders</b></p> <p>Italian Style Eggplant w/ Pasta ✓</p>	<p>10/19 <b>Mini Chicken Tacos</b></p> <p>Fajita Wrap ✓</p>
<ul style="list-style-type: none"> <li>Popcorn Chicken w/ Biscuit</li> <li>Gluten Free Vanilla Yogurt and Granola ✓</li> <li>Galaxy Cheese Pizza ✓</li> <li>Asian Chicken Salad w/ Flatbread</li> </ul>	<p>10/22 <b>Mozzarella Crunchers</b></p> <p>✓ Hummus Wrap ✓</p>	<p>10/23 <b>Szechuan Chicken w/ Brown Rice and Fortune Cookie</b></p> <p>Asian Quinoa Salad ✓</p>	<p>10/24 <b>Chicken Corn Dog</b></p> <p> Veggie Rice Bowl ✓</p>	<p>10/25 <b>Homemade Bolognese Pasta</b></p> <p>Italian Rotini Bowl ✓</p>	<p>10/26 <b>Make Your Own Nachos</b></p> <p>Loco Burrito ✓</p>

 =Vegan 
  =Vegetarian 
 \* = Contains Pork

Majority of our chicken products have no artificial ingredients & no antibiotics ever!



### Daily Fresh Fruit and Vegetable Options May Include:

Apple Juice, Orange Juice, Organic Apples, Canned Pears, Organic Oranges Slices, Kiwi, Raisins, Canned Peaches, Organic Pears, Banana, and Applesauce  
Organic Baby Carrots, Cooked Yellow Corn, Veggie Beans, Baked Potato Rounds, Broccoli Florets, Celery Sticks, Jicama Sticks, and Salad Greens

1% Milk or Nonfat Chocolate Milk

\*\* Menu subject to change without notice \*\*