

## October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2 Chicken Nuggets Baby Baker Potatoes Choice: Corn Dog General Tso & Rice	3 Taco Bar Refried Beans Choice: Chef Salad Bar	4 Garlic Bread Pizza Side Salad Choice: Hot Ham & Cheese Hot Dog	5 Chicken & Noodles Potatoes / Gravy Roll Choice: Sloppy Joe	6 Cheeseburger Tater Tots Choice: Bosco Sticks Marinara Pepperoni Calzone	Grab and Go Breakfast: <u>Choice of</u>  Banana Bread Cereal Wg. Donuts Poptarts Muffin
9 Macaroni & Cheese Roll Choice: Hot Dog Hot Wings	10 Nacho Bar Refried Beans  Choice: Chef Salad Bar	11 Homemade Cheese Pizza Tater Tots Choice: Alfredo Pizza BBQ Chicken Pizza Chef Salad Bar	12 Popcorn Chicken Potatoes / Gravy Roll Choice: Mozzarella Sticks Marinara	13 Hot Dog Chips / Salsa  Choice: Chicken Tender Wrap Mozzarella Sticks	Includes Fruit Milk  \$1.50
16 Cheeseburger Fries Baked Beans Choice: Orange Chicken & Rice Pepperoni Calzone	17 Taco Bar Refried Beans  Choice: Chef Salad Bar	18 Corn Dog Side Salad Baked Beans Choice: Spicy Chicken Sandwich Deli Wrap	19  No School Fall Break	20  No School Fall Break	
23 Pepperoni Pizza Tater Tots  Choice: Cheeseburger Wrap - Chicken / Bacon / Ranch	24 Nacho Bar Refried Beans  Choice: Chef Salad Bar	25 Mostaccioli Garlic Toast Side Salad Choice: Chicken Alfredo Bosco Pizza Stick	26 Popcorn Chicken Potatoes / Gravy Roll Choice: Mozzarella Sticks Marinara	27 Bosco Sticks Marinara Tri Tater Choice: Hot Dog Pepperoni & Sausage Calzone	
30 Chicken Nuggets Baked Beans Baby Baker Potatoes Choice: Corn Dog General Tso Rice	31 Taco Bar Refried Beans  Choice: Chef Salad Bar	<u>Lunch Prices</u> Elem- \$2.30 Jr/Sr High \$2.40			

## Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

**Meat or Meat Alternate,**  
**Grain,**  
**Fruit, Vegetable**  
**and of course, Milk!**

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a **fruit** or **vegetable**. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

**Here's an example menu:**

**Cheeseburger** on a **Bun**  
1/2 cup **Carrots**  
1/2 cup **French Fries**  
1/2 cup **Peaches**  
8oz of **Milk**

**So, your child could choose:**

**Cheeseburger** on a **Bun** and **Fries**  
**Carrots, Peaches** and **Milk**  
**Cheeseburger** on **Bun, Peaches** and **Milk**

**Of course they can take other combinations or all 5 food groups!**

**The choice is up to them!**

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her **fruit** and **vegetable** choices!

**Don't forget about breakfast!** Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a **fruit** or **vegetable**.

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<b>Lunch Prices</b> Elem- \$2.30 Jr/Sr High \$2.40		1 Garlic Bread Pizza Side Salad Choice: Hot Ham & Cheese Hot Dog	2 Chicken & Noodles Potatoes / Gravy Roll Choice: Sloppy Joe	3 Cheeseburger Tater Tots Choice: Bosco Sticks Marinara Pepperoni Calzone	<b>Grab and Go                      Breakfast:                      Choice of</b>  <b>Banana Bread                      Cereal                      Wg. Donuts                      Poptarts                      Muffin</b>
6 Macaroni & Cheese Roll Choice: Hot Dog Hot Wings	7 Nacho Bar Refried Beans  Choice: Chef Salad Bar	8 Homemade Cheese Pizza Tater Tots Choice: Alfredo Pizza BBQ Chicken Pizza Chef Salad Bar	9 Popcorn Chicken Potatoes / Gravy Roll Choice: Mozzarella Sticks Marinara	10 Hot Dog Chips / Salsa  Choice: Chicken Tender Wrap Mozzarella Sticks	<b>Includes                      Fruit                      Milk</b>  <b>\$1.50</b>
13 Cheeseburger Fries Baked Beans Choice: Orange Chicken & Rice Pepperoni Calzone	14 Taco Bar Refried Beans  Choice: Chef Salad Bar	15 Corn Dog Side Salad Baked Beans Choice: Spicy Chicken Sandwich Deli Wrap	16 <b>Thanksgiving                      Dinner                      Turkey                      Potatoes /                      Gravy                      Corn                      Roll                      Pumpkin Pie</b>	17  Chicken Drumstick AuGratin Potatoes Choice: Chicken Quesadilla Corn Dog	
20 Pepperoni Pizza Tater Tots  Choice: Cheeseburger Wrap - Chicken / Bacon / Ranch	21 Chicken Nuggets Fries  Choice: Pepperoni Calzone	22  <b>No                      School</b>	23  <b>Happy                      Thanksgiving</b>  <b>No School</b>	24  <b>No                      School</b>	
27 Chicken Nuggets Baked Beans Baby Baker Potatoes Choice: Corn Dog General TsoRice	28 Taco Bar Refried Beans  Choice: Chef Salad Bar	29 Garlic Bread Pizza Side Salad Choice: Hot Ham & Cheese Hot Dog	30 Chicken & Noodles Potatoes / Gravy Roll Choice: Sloppy Joe		