

# October 2016

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>Entrée-Choose One</b>            C1 Herb Roasted Chicken w/ Roll            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Caesar Salad            Green Beans            Mandarin Oranges, Apple</p>	<p>4</p> <p><b>Entrée-Choose One</b>            C1 Hard or Soft Taco w/Seasoned Chicken            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Picante Pintos            Steamed Corn            Fresh Grapes, Peach Cup</p>	<p>5</p> <p><b>Entrée-Choose One</b>            C1 Hot Dog            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Roasted Cauliflower            Baked Beans            Fresh Banana ,Applesauce</p>	<p>6</p> <p><b>Entrée-Choose One</b>            C1 Meatloaf w/Roll            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Mashed Potatoes            Honey Dill Carrots            Peach Cup, Fresh Grapes</p>	<p>7</p> <p><b>Entrée-Choose One</b>            C1 Pizza            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Tator Tots            Fresh Broccoli w/Ranch Dip            Mandarin Oranges, Pear</p>
<p>10</p> <p><b>Entrée-Choose One</b>            C1 Pancakes w/ Sausage            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Spinach Salad            Roasted Squash and Zucchini            Mandarin Oranges, Apple</p>	<p>11</p> <p><b>Entrée-Choose One</b>            C1 Spanish Rice Bowl w/Seasoned Beef            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Black Bean Salad            Tex Mex Corn            Fresh Grapes, Peach cup</p>	<p>12</p> <p><b>Entrée-Choose One</b>            C1 Chicken Alfredo w/Texas Toast            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Steamed Broccoli            Marinated Italian Tomatoes            Fresh Strawberries, Pineapple</p>	<p>13</p> <p><b>Entrée-Choose One</b>            C1 Chicken Bog **            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Breaded Okra            Confetti Collards            Fresh Melon, Fruit Cocktail</p>	<p>14</p> <p><b>Entrée-Choose One</b>            C1 Pizza            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Ginger Glazed Carrots            Kale and Mandarin Orange Salad            Fresh Orange, Applesauce</p>
<p>17</p> <p><b>Entrée-Choose One</b>            C1 Chicken Sandwich            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Veggie Cup w/Dip            Garden Salad            Mandarin Oranges, Apple</p>	<p>18</p> <p><b>Entrée-Choose One</b>            C1 Tostito Scoops w/Beef            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Steamed Corn            Sliced Tomatoes            Pineapple, Applesauce</p>	<p>19</p> <p><b>Entrée-Choose One</b>            C1 Meatball Sub            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Garlic Ranch Green Beans            Parsley Roasted Potatoes            Fresh Banana, Peach Cup</p>	<p>20</p> <p><b>Entrée-Choose One</b>            C1 Chicken Nuggets w/Roll            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Steamed Cabbage            Black Eye Peas            Fresh Grapes, Diced Pears</p>	<p>21</p> <p><b>No School For Students!</b></p>
<p>24</p> <p><b>Entrée-Choose One</b>            C1 Mozzarella Cheese Sticks w/ Marinara            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Steamed Broccoli            Green Beans            Fresh Grapes, Fruit Cocktail</p>	<p>25</p> <p><b>Entrée-Choose One</b>            C1 Chicken Nuggets            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Steamed Corn            Sweet Potato Fries            Pineapple, Applesauce</p>	<p>26</p> <p><b>Collaborative Planning Day</b>            Deli Sandwich            Cheez-Its            Baby Carrots            Fresh Apple            Cool Rips</p>	<p>27</p> <p><b>Entrée-Choose One</b>            C1 Green Dragon Chicken w/Rice            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Teriyaki Glazed Vegetables            Kale and Mandarin Orange Salad            Fresh Orange, Applesauce</p>	<p>28</p> <p><b>Entrée-Choose One</b>            C1 Pizza            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Spinach Salad            Black Eye Peas            Fresh Banana, Diced Pears</p>
<p>31</p> <p><b>Entrée-Choose One</b>            C1 Chicken Sandwich            C2 Yogurt/String Cheese/Cookie            C3 Chef Salad  <b>Sides-Choose One or More</b>            Garlic Ranch Green Beans            Oven Baked French Fries            Sliced Peaches, Fruit Cocktail</p>				

### MEALTIME MESSAGE

Lunch \$2.75

Assorted Milk Choices Available  
 Daily for Breakfast and Lunch:  
 1% White, Skim White, Fat Free  
 Chocolate, Strawberry, and Vanilla

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**This Month's SC Grown  
 Fresh Produce....**

**Apples**

**Kale**

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 \*\* Contains Pork

Menu Items subject to change  
 based upon availability.



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