

Lunch Menu

October

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NO SCHOOL	4 Pizza Hut Pepperoni Pizza Broccoli Florets, Fresh Baby Carrots Fresh Citrus Fruit Cup, Brownie, Canned Applesauce (9-12) Milk	5 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Mandarin Oranges, Canned Peaches (9-12) Milk	6 BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans, Creamy Cole Slaw Pear Halves Fresh Pineapple (9-12) Milk	7 Biscuit & Gravy Sausage Patty (6-12) Peas, Hash Brown Patty Fresh Kiwi (9-12) Canned Pears Milk	8
9	10 Corn Dog Seasoned Potato Wedges Cucumbers, Fruit Cocktail, Snickerdoodle Fresh Strawberries Milk	11 Pork Rib on a Bun, Sun Chips Tomato Slice, Apple Slices, Dark Green Leaf Lettuce Canned Pears (9-12) Milk	12 Cavatini, Seasoned Corn Whole Wheat Roll & Jelly Garden Salad, Fresh Orange Mango (9-12) Milk	13 Chicken Quesadilla, Salad Tortilla Chips & Salsa Fresh Melon Mix Applesauce (9-12) Milk	14 Taco Salad Tortilla Chips & Salsa Broccoli Florets Fresh Strawberries Canned Peaches (9-12) Milk	15
16	17 Ham & Cheese on a Bun Sun Chips, Broccoli Florets, Cauliflower Cherry Applesauce Fresh Blueberries (9-12) Milk	18 Taco Burger on a Bun Tortilla Chips, Tomato Salsa Dark Green Leaf Lettuce Tomato Slice, Refried Beans, Fresh Banana, Canned Peaches (9-12), Milk	19 Pizza Hut Pepperoni Pizza Tossed Salad, Tomatoes Fresh Pears, Canned Applesauce (9-12) Milk	20 Spaghetti w/Meat Sauce Cheese, Bread Stick w/Marinara Sauce, Garden Salad, Apple Slices, Chocolate Chip Cookie, Fruit Cocktail (9-12), Milk	21 Chicken Patty on a Bun Potato Wedges, Broccoli & Carrots Sliced Pears, Fresh Strawberries (9-12) Milk	22
23	24 Chicken Strips, Whole Grain Roll & Jelly Broccoli & Carrots Fresh Pineapple, Tropical Fruit (9-12), Milk	25 Beef & Bean Burrito Tortilla Chips (9-12), Tomato Salsa, Romaine & Tomato, Corn Peaches, Canned Pears (9-12) Milk	26 Stromboli Squares, Garlic Breadstick (6-12), Garden Salad, Fresh Baby Carrots, Bananas Fresh Pineapple (9-12), Milk	27 Hot Dog on a Bun Baked Beans, Summer Fruit Salad, Royal Brownie Canned Pears (9-12) Milk	28 Turkey & Cheese Sub Sandwich, Dark Green Leaf Lettuce, Sun Chips Tomato Slice, Fresh Kiwi Canned Applesauce (9-12) Milk	29
30	31 Hamburger on a Bun, Sun Chips, Dark Green Leaf Lettuce, Tomato Slice Strawberries & Pineapple Fresh Blueberries (9-12) Milk	Nutrition Nuggets	Q; My children love to drink juice. Should I try to limit how much of it they drink?	A; The short answer is "yes." While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12-oz glass of apple juice can contain 10 teaspoons of sugar, and a glass of grape juice can have 15 tsp of sugar.	Encourage your children to eat fruit rather than drink juice. They will consume fiber along with more nutrients. If your kids do have juice, try to limit it to a glass a day.	This institution is an equal opportunity provide