



Grades K-5 Lunch

October 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-1 ** Bean & Cheese Pupusa Curtido Slaw -V ** Toasted Cheese Sandwich -V * Crinkle Cut Potatoes * Petite Baby Carrots - S * Fruit - S * Got Milk	10-2 ** Pork Egg Rolls ** Deli Turkey & Cheese Sandwich * Sweet Corn * Fresh Garden Salad * Frozen Juice Cup * Got Milk	10-3 ** Zesty Beef Chalupa ** Chicken Caesar and Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots * Fruit - S * Got Milk	10-4 ** Smokin' BBQ Rib Sandwich ** California Chicken Wrap * Waffle Fries * Celery Sticks * Fruit Cup * Got Milk	10-5 ** Tangerine Chicken & Fried Rice ** Yellow Submarine Sandwich or ** Classic Tuna Sandwich * Broccoli Buds * Petite Baby Carrots - S * Frozen Juice Slush * Got Milk
10-8 * Bean & Cheese Bowl -V * Crunchy Tortilla Chips - S ** Toasted Cheese Sandwich -V * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Got Milk	10-9 ** Turkey Burger ** Deli Turkey & Cheese Sandwich * Roasted Potato Wedges * Fresh Garden Salad * Frozen Juice Cup * Got Milk	10-10 ** Philly Cheese Steak Sandwich ** Chicken Caesar and Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit - S * Got Milk	10-11 ** Salisbury Steak with Gravy ** Pastrami & Cheese Croissant * Artisan Roll - S * Fluffy Mashed Potatoes * Cucumber Coins * Fruit Cup * Got Milk	10-12 ** Café LA Burger OR Café LA Cheeseburger ** Yellow Submarine Sandwich or ** Classic Tuna Sandwich * Fresh Garden Salad * Petite Baby Carrots - S * Frozen Juice Cup * Got Milk
10-15 ** Cheesy Veggie Burger Sliders -V ** Toasted Cheese Sandwich -V * Waffle Fries * Petite Baby Carrots - S * Fruit - S * Got Milk	10-16 * Oven Fried Chicken Drumstick * Corn Muffin ** Deli Turkey & Cheese Sandwich * Fiesta Pinto Beans * Fresh Garden Salad * Frozen Juice Cup * Got Milk	10-17 * Mama's Meatball Sub ** Chicken Caesar and Cheesy Bread * Mini Potato Tots * Petite Baby Carrots - S * Fruit - S * Got Milk	10-18 ** Teriyaki Beef Dipper Rice Bowl ** California Chicken Wrap * Broccoli Buds * Cucumber Salad * Fruit Cup * Got Milk	10-19 ** Whole Grain Rich Pepperoni Pizza ** Yellow Submarine Sandwich or ** Classic Tuna Sandwich * Sweet Corn * Petite Baby Carrots - S * Frozen Juice Slush * Got Milk
10-22 ** Chile Cheese Tamale -V ** Toasted Cheese Sandwich -V * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit - S * Got Milk	10-23 * Chicken Tenders * Southern Buttermilk Biscuit - S ** Deli Turkey & Cheese Sandwich * Roasted Potato Wedges * Cucumber Coins - S * Frozen Juice Cup * Got Milk	10-24 ** Taco Bean Dip * Crunchy Tortilla Chips - S ** Chicken Caesar and Cheesy Bread * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Got Milk	10-25 ** Turkey Burger ** Pastrami & Cheese Croissant * Petite Baby Carrots * Fresh Garden Salad * Fruit Cup * Got Milk	10-26 * Manager's Choice ** Yellow Submarine Sandwich or Classic Tuna Sandwich * Fluffy Mashed Potatoes * Celery Sticks * Frozen Juice Cup * Got Milk
10-29 ** Bean & Cheese Pupusa Curtido Slaw -V ** Toasted Cheese Sandwich -V * Crinkle Cut Potato * Petite Baby Carrots - S * Fruit - S * Got Milk	10-30 * Pork Egg Rolls ** Deli Turkey & Cheese Sandwich * Sweet Corn * Fresh Garden Salad * Frozen Juice Cup * Got Milk	10-31 ** Zesty Beef Chalupa ** Chicken Caesar and Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit - S * Got Milk	All of the Grain/Bread items served are whole grain. Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat ★: For a reimbursable meal, pick at least 3 ★'s. One ★ must be a fruit or vegetable S: Items with an (S) can be saved for later V: Vegetarian items **Farm Fresh Fruits: Apple, Orange, Banana	

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