

OCTOBER 2019

Winning Slogan "Great Food, Awesome School, Healthy You!" –By Oliva, grade 5, from St. Francis of Assisi

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 200 Hamburger or 201 Cheeseburger 704 French Fries 699 Strawberry Cup 914 Hamburger Bun 30 | 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 1 | 289 Pancakes with Sausage 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit 2 | 205 Popcorn Chicken 708 Romaine Salad with Spinach & Chickpeas 685 "Chillin' Bat" Water Ice 928 Goldfish Pretzels 3 | 264 4x6" Cheese Pizza 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 4 |
| 234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 658 Cherry Craisins 7 | 253 Hot Dog with French Fries 631 Cherry Star Vegetable Juice 670 Fresh Fruit 907 Hot Dog Bun 8 | 275 BBQ Chicken Filet 704 French Fries 749 Apple-Cherry Juice 914 Hamburger Bun 9 | 274 Curly Cheesy Lasagna 752 Fruit Punch Juice 908 Dinner Roll 10 | 251 Chicken Nuggets 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 990 Chocolate Chip Cookie 11 |
| NO SCHOOL COLUMBUS DAY 14 | 200 Hamburger or 201 Cheeseburger 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 914 Hamburger Bun 15 | 289 Pancakes with Sausage 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 16 | 263 5" Round Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 752 Fruit Punch Juice 17 | 215 Beef & Cheese Taco 611 Bagged Baby Carrots 540 Garlic Hummus 659 Watermelon Craisins 18 |
| 273 Rotini Bake 749 Apple-Cherry Juice 908 Dinner Roll 21 | 205 Popcorn Chicken 704 French Fries 685 "Chillin' Bat" Water Ice 932 Cinnamon Scooby Snacks 22 | 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 23 | 226 Philly Cheesesteak Pinwheel 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 929 Cinnamon Elf Grahams 24 | 253 Hot Dog with French Fries 603 Maple Baked Beans 699 Strawberry Cup 907 Hot Dog Bun 25 |
| 225 Cheesy Taco Meat 941 Tostitos Scoops 639 Corn 631 Cherry Star Vegetable Juice 658 Cherry Craisins 28 | 204 Chicken Parmesan 914 Hamburger Bun 638 Corn & Peas 670 Fresh Fruit 29 | 272 Four Cheese Panini 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 30 | 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 685 "Chillin' Bat" Water Ice 31 | NO SCHOOL PROFESSIONAL DEVELOPMENT 1 |