

# OCTOBER | 2023



## Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Corn Dogs Cucumbers Fresh Fruit Choice of Milk	3 Chicken Drumstick with Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	4 Pasta Bar Broccoli Fresh Fruit Choice of Milk	5 Hamburger Baked Beans Fresh Fruit Choice of Milk	6 Mozzarella Sticks with Marinara Sauce Mini Peppers Fresh Fruit Choice of Milk
16 Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	17 Walking Taco Refried Beans Fresh Fruit Choice of Milk	18 Sweet & Sour Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk	19 Hot Dog Green Beans Fresh Fruit Choice of Milk	20 Calzone Carrots Fresh Fruit Choice of Milk
21 Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit Choice of Milk	22 Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	23 Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit Choice of Milk	24 Chicken Nuggets Smiley Potatoes Fresh Fruit Choice of Milk	27 Bosco Sticks with Marinara Sauce Snap Peas Fresh Fruit Choice of Milk
30 Sloppy Joe or Pulled Pork Baked Beans Fresh Fruit Choice of Milk	31 Mac and Cheese with Chicken Fries Broccoli Fresh Fruit Choice of Milk	1 Pizza Slices Green Beans Fresh Fruit Choice of Milk	2 French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	3 Chicken Poppers with Corn Bread Corn Fresh Fruit Choice of Milk

### **Build a Meal**

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### **Daily Alternative Choices:**

All alternative meals include choice of milk, fruit and/or vegetable

### Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
  - Pizza
  - Turkey, Cheese and Crackers

### Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>v</sup>
- Protein Power: yogurt, grain, string cheese<sup>v</sup>

### **Meal Prices:**

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50