



October Elementary Lunch



Students must take 3 of the 5 components offered and a minimum of a half cup of fruit and/or vegetable.

All meals are served with 1% white milk or non-fat chocolate milk.

Contains:

- Beef (B)
- Chicken (C)
- Fish (F)
- Pork (P)
- Turkey (T)

Monday	Tuesday	Wednesday	Thursday	Friday
² Chicken and Cheese Quesadilla (C) Deli Sandwich (T)	³ Max Stix Baked Cheese Sticks with Marinara Taco Pocket (T) with Salsa	⁴ Mandarin Orange Chicken (C) over Brown Rice Bean & Cheese Burrito	⁵ Grilled Cheese Sandwich Hot Dog (T) on a Bun	⁶ Bean & Cheese Dip with Tortilla Chips Chicken Tenders (C) with Crackers
⁹ NO SCHOOL School Staff Professional Development Day	¹⁰ Yogurt, Muffin and String Cheese Hamburger (B) on a Bun	¹¹ Pepperoni Pizza (B, T) Bean & Cheese Pupusa with Salsa	¹² Chicken Nuggets (C) with Crackers Pork Rib Sandwich (P)	¹³ Macaroni & Cheese Corn Dog (C)
¹⁶ Cheese Pizza Cheeseburger Sliders (B)	¹⁷ Chicken Taquitos (C) with Salsa Rotini Pasta with Meat Sauce (B)	¹⁸ Cheese Enchiladas Potstickers (C) with Sweet & Sour Sauce	¹⁹ Popcorn Chicken (C) with Crackers Beef & Cheese Burrito (B)	²⁰ Chicken Patty on a Bun (C) Jalapeno Mozzarella Bites <i>Big Spoon Fruit Sorbet</i>
²³ Chicken and Cheese Quesadilla (C) Deli Sandwich (T)	²⁴ Max Stix Baked Cheese Sticks with Marinara Taco Pocket (T) with Salsa	²⁵ Mandarin Orange Chicken (C) over Brown Rice Bean & Cheese Burrito	²⁶ Grilled Cheese Sandwich Hot Dog (T) on a Bun	²⁷ Bean & Cheese Dip with Tortilla Chips Chicken Tenders (C) with Crackers
³⁰ Chicken Drumstick (C) and a Waffle Beef & Cheese Taco Crisp Up (B) with Salsa	³¹ Yogurt, Muffin and String Cheese Hamburger (B) on a Bun Chillin' Bat Orange Ice	OFFERED DAILY: Sunbutter Sandwich (Sunflower Seed Butter and Jelly)		

Menu Subject to Change Based on Product Availability

One lunch is NO COST for all students

Lunch includes an entrée, one trip to the garden bar and milk

Birthday cups and holiday cups this month!

PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application on-line. Please visit the Food Services Dept web-site via the FCUSD home page for the on-line application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD home page, click on Meals & Nutrition.)