

OCTOBER | 2024



Elementary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk</p>	<p>1 Beef and Cheese Sauce with Nachos Refried Beans Fresh Fruit Choice of Milk</p>	<p>2 French Bread Pizza Grape Tomatoes Fresh Fruit Choice of Milk</p>	<p>3 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit Choice of Milk</p>	<p>4 Hot Dog Potato Smiles Fresh Fruit Choice of Milk</p>
<p>7 Rotini and Meat Sauce with Cheesy Bread Italian Vegetables Fresh Fruit Choice of Milk</p>	<p>8 Quesadilla Refried Beans Fresh Fruit Choice of Milk</p>	<p>9 Pizza Crunchers Cauliflower Fresh Fruit Choice of Milk</p>	<p>10 Chicken Nuggets Carrots Fresh Fruit Choice of Milk</p>	<p>11 Hamburger/ Cheeseburger French Fries Fresh Fruit Choice of Milk</p>

Fall Break

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

Monday: Protein Power: yogurt, grain, string cheese^v

Tuesday: Pizza Lunch Kits

Wednesday: Peanut-Free Wowbutter and Jelly Sandwich^v

Thursday: Turkey, Cheese and Crackers Lunch Kits

Friday: Fruit and Yogurt Parfait^v

Meal Prices:

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