

What's on the Menu?

Beverly, Harlan, Pembroke, & West Maple October Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	2 Crispito Day!! Chicken and Cheese Whole Grain Crisпитos With Refried Beans with Cheese
5 #BrunchforLunch Emoji Brunch! Chicken & Waffles with Special Emoji Shaped Waffles with Baked Smiley Fries	6 Whole Grain Breaded Pizza Crunchers with Marinara and Cheese With Steamed Peas	7 Baked Whole Grain Chicken Drumstick with Baked Tater Tots	8  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	9 Mini Chicken Corndogs with Steamed Broccoli with Cheddar Cheese  Cookie Day!
				
12 #BrunchforLunch Whole Grain Funfetti Pancakes, Syrup, & Turkey Sausage Patty with Baked Tater Tots	13 ½ DAY!!	14 Cheesy Garlic French Bread Pizza Seasoned Green Beans	15  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	16 Fish & Chip Friday Whole Grain Baked Fish Sticks with Baked Tater Tots
19 #BrunchforLunch Whole Grain Emoji Waffles and Cheddar Cheese Omelet With Baked Tater Tots Served with Blueberry Topping	20 Flamebroiled Cheeseburger or Morningstar Veggie Burger with Romaine & Tomato Slices with Steamed Carrots	21 Oven Baked Cheese Stuffed Breadsticks Served With Steamed Broccoli	22  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	23 #FiestaFriday Walking Taco or Nachos With Baked Tortilla Chips, Ground Beef or Beans, Cheddar Cheese, Romaine, and Tomatoes with Steamed Corn
26 #BrunchforLunch Whole Grain Cinnamon French Toast, Syrup, & a Low-Fat "Raspberry Rainbow" Yogurt With Baked Hashbrown Patty	27 All Beef Frank Hot Dog on Whole Grain Bun with Bush's Baked Beans	28 Crispy Chicken Sandwich with Fresh Roasted Brussel Sprouts	29  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	30 ½ DAY!!
Cold Lunch Choice				
String Cheese, Yogurt, & Graham Cracker Fun Lunch	Build Your Own Pizza	String Cheese, Yogurt, & Graham Cracker Fun Lunch	Build Your Own Pizza	String Cheese, Yogurt, & Graham Cracker Fun Lunch
All lunch Choices include ALL fruits & vegetables offered on regular menu and our Fruit & Vegetable Bar				

Serving up happy & healthy

What's on the Menu?

A student must select a 1/2 cup serving of fruit or vegetable to make a complete meal or a la carte pricing will be applied.

Daily Fruit & Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Natural Applesauce Raisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	2 Strawberries Mandarin Oranges Cucumber Coins Snap Peas Carrot & Celery Sticks Assorted Fresh Fruit & Veggies
5 Orange Wedges 100% Apple Juice Baby Carrots Cucumber Coins Assorted Fresh Fruit & Veggies	6 Blueberries Diced Peaches in 100% Juice Celery Sticks Cherry Tomatoes Assorted Fresh Fruit & Veggies	7 Strawberries Cinnamon Apple Slices Celery Sticks Cucumber Coins Assorted Fresh Fruit & Veggies	8 Natural Applesauce Strawberry Craisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	9 Clementines Roasted Chickpeas Pineapple Tidbits Bell Pepper Strips Assorted Fresh Fruit & Veggies
12 Cantaloupe Cubes Mandarin Oranges Baby Carrots Broccoli Garbanzo Beans Assorted Fresh Fruit & Veggies	13 	14 Homemade J-E-L-L-O with Mixed Fruit Blueberries Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	15 Natural Applesauce Raisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	16 Watermelon Cubes Mandarin Oranges Roasted Garbanzo Beans Sugar Snap Peas Assorted Fresh Fruit & Veggies
19 Clementines 100% Apple Juice Baby Carrots Cauliflower Florets Assorted Fresh Fruit & Veggies	20 <i>Toppings for entree:</i> Sliced Tomatoes & Romaine Honeydew Cubes Diced Peaches in 100% Juice Bell Pepper Strips Assorted Fresh Fruit & Veggies	21 Red and/or Green Grapes Frozen Peach Cups 100% Juice Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	22 Natural Applesauce Strawberry Craisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	23 <i>Toppings for entree:</i> Diced Tomatoes & Chopped Romaine Strawberries Pineapple Tidbits in 100% Juice Cauliflower Florets Assorted Fresh Fruit & Veggies
26 Cinnamon Bananas Sliced Pears in 100% Juice Baby Carrots Garbanzo Beans Broccoli Florets Assorted Fresh Fruit & Veggies	27Cantaloupe Cubes Mandarin Oranges Cucumber Coins Snap Peas Broccoli Cauliflower Florets Assorted Fresh Fruit & Veggies	28 Red and/or Green Grapes Sliced Pears in 100% Juice Garden Salad with Homemade Croutons Celery Sticks Assorted Fresh Fruit & Veggies	29 Natural Applesauce Raisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	

This Institution is an equal opportunity provider

Serving up happy & healthy