



Menu: Elementary



October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	<p>Breakfast: 1.50</p> <ul style="list-style-type: none"> • Cold Whole Grain Cereal Every day • Fruit • Milk <p>Lunch: 2.50</p> <ul style="list-style-type: none"> • Endless salad bar • 1% White Milk • Fat Free Chocolate Milk • Fresh made wraps and salads daily <p>All breads and buns are *100% whole grain</p> <p>All pasta is 51% Whole Wheat</p> <p>Unlimited Fruits and Veggies with every meal purchased!</p> <p>All Meals meet the Federal Healthy Hunger Free Act Guidelines</p>
<p>1 Oatmeal W/ fruit and berries</p> <p>Mac & cheese w/ bread Meat ball subs Sandwiches or wraps</p>	<p>2* WW French Toast w/ Turkey sausage & fruit</p> <p>Beef or veggie spaghetti Orange chicken & rice Sandwiches or wraps</p>	<p>3 WW Egg & cheese burrito w/ fruit</p> <p>Pizza Sweet & sour chicken Sandwiches or wraps</p>	<p>4* WW Breakfast tornado & fruit</p> <p>Cheese stuffed sticks Fish Nuggets & wedges Sandwiches or wraps</p>	<p>5* WW Cinnamon Roll w/ cheese stick & Fruit</p> <p>Teriyaki Meatballs & rice Nachos Sandwiches or wraps</p>	
<p>8 *WW fruit Muffin & cheese stick and fruit</p> <p>Orange chicken & rice Fish Nuggets? Swt potato Sandwiches or wraps</p>	<p>9 Scramble eggs, *WW toast & tots w/fruit</p> <p>Pizza Meatball sub Sandwiches or wraps</p>	<p>10 *WW Breakfast Tornado & fruit</p> <p>Beef or veggie Chili Bean & cheese burrito Sandwiches or wraps</p>	<p>11 NO SCHOOL</p>	<p>12 NO SCHOOL</p>	
<p>15 *WW Zucchini Bread w/ cheese stick & fruit</p> <p>Bean Burrito Beef Taco Sandwiches or wraps</p>	<p>16 WW Berry Pancakes W/ Turkey sausage & fruit</p> <p>Pizza Scratch Grilled cheese & soup Sandwiches or wraps</p>	<p>17 *WW Breakfast tornado & fruit</p> <p>Teriyaki chicken Fish Nuggets Sandwiches or wraps</p>	<p>18 Yogurt, granola & berries</p> <p>Sweet & sour chicken Pretzel w/ cheese Sandwiches or wraps</p>	<p>19 WW Cinnamon Roll w/ cheese stick & Fruit</p> <p>Corn Dogs & ff Chicken or plain Alfredo Sandwiches or wraps</p>	
<p>22 Oatmeal W/ fruit and berries</p> <p>Mac & cheese w/ bread Meat ball subs Sandwiches or wraps</p>	<p>23 WW French Toast w/ Turkey sausage & fruit</p> <p>Beef or veggie spaghetti Orange chicken & rice Sandwiches or wraps</p>	<p>24 WW Egg & cheese burrito w/ fruit</p> <p>Pizza Sweet & sour chicken Sandwiches or wraps</p>	<p>25 WW Breakfast tornado & fruit</p> <p>Cheese stuffed sticks Fish Nuggets & wedges Sandwiches or wraps</p>	<p>26 *WW Cinnamon Roll w/ cheese stick & Fruit</p> <p>Local lunch</p>	
<p>29 WW fruit Muffin & cheese stick and fruit</p> <p>Orange chicken & rice Fish Nuggets? Swt potato Sandwiches or wraps</p>	<p>30 Scramble eggs, *WW toast & tots w/fruit</p> <p>Pizza Meatball sub Sandwiches or wraps</p>	<p>31 WW Egg & cheese burrito w/ fruit</p> <p>Beef or veggie Chili Bean & cheese burrito Sandwiches or wraps</p>	<p> All Pizza, Nachos, beef tacos, lasagna, spaghetti, meatloaf and chili are all locally supplied. As much as seasons will allow, the salad bar will be stocked with local produce.</p>	<p> Local item(s) in lunch. Look for the rooster on the menu to find when local items are included in school meals. The ASD is purchasing local vegetables from Fry Family Farm, local fruit from Valley View orchard and local beef from Dauenhauer Ranch</p>	

