LUNCH OCTOBER 2017

Reduced Price .40 (child) Full Price $2.85(Child) Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|  |  | NSLP REQUIRMENTS:  Fruit ½ cup daily  Veggie ¾ cup daily  Meat/Alt 1.75oz daily  Grains 1.75oz daily  Milk 1 cup daily | WEEKLY AVERAGE  Calories 600-650  Sodium <1230  Sat. Fat <10  Trans Fat zero |
| 2    1st  BREAK  9  ------------------ | 3  -----------------  10  ------------------  BOARD MEETING  12:30 pm | 4  -------------------  11  -------------------- | 5  -----------------------  12  END OF 1ST BREAK |
| 16  Orange Chicken,  W/G Noodles,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 17  W/G Rich Pizza,  Garden Salad w/Dressing, ½ cup of Fruit,  Milk Variety | 18  Corn Dogs,  Gram Crackers,  ¾ cup of Veggies,  ½ cup of Fruit  Milk Variety | 19  Pulled Pork Sandwich on a W/G Bun,  ¾ cup Veggies,  ½ cup of Fruit,  Milk Variety |
| 23  W/G Mac-n-Cheese,  Garden Salad w/Dressing,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 24  Fish Sticks,  W/G Roll,  Cole Slaw,  ½ cup of Fruit,  Milk Variety | 25  Spaghetti w/Meat Sauce,  Garden Salad w/Dressing,  W/G Garlic Toast  ½ cup of Fruit,  Milk Variety | 26  BBQ Chicken  W/G Wild Rice  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety  FALL FESTIVAL |
| 30  Chili Dog on a W/G Bun,  Potato Wedges,  ½ cup of Fruit,  Milk Variety | 31  Chicken Fajitas on a W/G  Tortilla,  Refried Beans,  ½ cup of Fruit,  Milk Variety |  | Please advise Ms. Leslie  24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly. |

This institution is an equal opportunity provider.

Menu is subject to change without notice.

Milk Variety: Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry

BREAKFAST OCTOBER 2017

Breakfast in Classroom Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|  |  | SBP REQUIREMENTS:  Fruit/Veggie 1 cup daily  Grain 2oz daily  Milk 1 cup daily  Meat/Alt Optional | WEEKLY AVERAGE  Calories 400-500  Sodium <540  Sat. Fat <10  Trans Fat 0g/serving |
| 2  1st BREAK  9  ------------------------- | 3  ------------------------  10  ------------------------- | 4  --------------------------  11  ---------------------------- | 5  ------------------------------  12  --**END OF 1ST BREAK**--- |
| 16  W/G Cereal w/Milk,  1 cup of Fruit,  Milk Variety | 17  Scrambled Eggs w/Cheese,  W/G Bread Toasted,  1 cup of Fruit,  Milk Variety | 18  W/G Cereal Bar,  Fruit Smoothie,  Milk Variety | 19  W/G Bagel,  Sausage Link,  1 cup of Fruit,  Milk Variety |
| 23  W/G French Toast,  1 cup of Fruit  Milk Variety | 24  W/G English Muffin Toasted,  Yogurt,  1 cup of Fruit,  Milk Variety | 25  W/g Breakfast Sandwich,  1 cup of Fruit,  Milk Variety | 26  W/G Pancake on a Stick,  1 cup of Fruit,  Milk Variety |
| 30  Oatmeal,  Raisins,  1 cup of Fruit,  Milk Variety | 31  W/G Pancakes  1 cup of Fruit  Milk Variety |  | Please advise Ms. Leslie  24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly |

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