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 dailyVeggie ¾ cup dailyMeat/Alt 1.75oz dailyGrains 1.75oz dailyMilk 1 cup daily | WEEKLY AVERAGECalories 600-650Sodium <1230Sat. Fat <10Trans Fat zero |
| 2  1st  BREAK9 ------------------ | 3 -----------------10 ------------------BOARD MEETING12:30 pm |  4 -------------------11 -------------------- | 5 -----------------------12 END OF 1ST BREAK  |
| 16Orange Chicken, W/G Noodles,¾ cup of Veggies, ½ cup of Fruit,Milk Variety  | 17W/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 FruitMilk Variety | 19Pulled Pork Sandwich on a W/G Bun,¾ cup Veggies,½ cup of Fruit,Milk Variety  |
| 23W/G Mac-n-Cheese,Garden Salad w/Dressing,¾ cup of Veggies,½ cup of Fruit,Milk Variety | 24Fish Sticks,W/G Roll,Cole Slaw,½ cup of Fruit,Milk Variety  | 25Spaghetti w/Meat Sauce, Garden Salad w/Dressing,W/G Garlic Toast ½ cup of Fruit,Milk Variety | 26BBQ Chicken  W/G Wild Rice¾ 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  | 31Chicken Fajitas on a W/GTortilla,Refried Beans,½ cup of Fruit,Milk Variety  |  | Please advise Ms. Leslie24hrs 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 dailyGrain 2oz dailyMilk 1 cup dailyMeat/Alt Optional | WEEKLY AVERAGECalories 400-500Sodium <540Sat. Fat <10Trans Fat 0g/serving |
| 21st BREAK9------------------------- | 3------------------------10------------------------- | 4--------------------------11---------------------------- | 5------------------------------12--**END OF 1ST BREAK**--- |
| 16W/G Cereal w/Milk,1 cup of Fruit,Milk Variety | 17Scrambled Eggs w/Cheese,W/G Bread Toasted,1 cup of Fruit,Milk Variety | 18W/G Cereal Bar, Fruit Smoothie,Milk Variety | 19W/G Bagel,Sausage Link, 1 cup of Fruit,Milk Variety |
| 23W/G French Toast,1 cup of FruitMilk Variety | 24W/G English Muffin Toasted,Yogurt, 1 cup of Fruit,Milk Variety | 25W/g Breakfast Sandwich,1 cup of Fruit,Milk Variety | 26W/G Pancake on a Stick,1 cup of Fruit,Milk Variety  |
| 30Oatmeal,Raisins,1 cup of Fruit,Milk Variety | 31W/G Pancakes1 cup of FruitMilk Variety |  | Please advise Ms. Leslie24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly |

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