



## NUTRITION BREAK – October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Elem</b> - Breakfast Bar, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>3</b> <b>Elem</b> - Chocolate Donuts, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>4</b> <b>Elem</b> - Despicable Me Grahams, Goldfish, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>5</b> <b>Elem</b> - Double Chocolate Betty Crocker Bar OR Pancake on a Stick, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>6</b> <b>Elem</b> - Simply Chex, Cheez-its, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk
<b>9</b> <b>Elem</b> - Blueberry Mini Loaf, Cheez-its, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>10</b> <b>Elem</b> - Chocolate Chip Betty Crocker Bar, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>11</b> <b>Elem</b> - Apple Cinnamon Breakfast Bar OR Mini French Toast, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>12</b> <b>Elem</b> - Powdered Donuts, Fruit choice, Juice, Milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>13</b> <b>Elem</b> - Cereal Kit, Fruit choice, Milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk
<b>16</b> <b>Elem</b> - Cinnamon Toast Crisps, Cheez-its, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>17</b> <b>Elem</b> - Cinnamon Bun, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>18</b> <b>Elem</b> - Double Chocolate Betty Crocker Bar, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>19</b> <b>Elem</b> - Breakfast Bar OR Mini Waffles, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>20 - No School</b> 
<b>23</b> <b>Elem</b> - Simply Chex, Goldfish, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>24</b> <b>Elem</b> - Cereal Kit, Fruit choice, Milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>25</b> <b>Elem</b> - Blueberry Mini Loaf, Cheez-its, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>26</b> <b>Elem</b> - Chocolate Chip Muffin, Cheez-its, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>27</b> <b>Elem</b> - Cocoa Bread OR Blueberry Pancake on a Stick, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk
<b>30</b> <b>Elem</b> - Cinnamon Toast Crisps, Goldfish, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>31</b> <b>Elem</b> - Nature Valley Granola Bar, Cheez-its, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>Nov.1</b> <b>Elem</b> - Double Chocolate Betty Crocker Bar OR Pillsbury Frudel, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>2</b> <b>Elem</b> - Pop-Tart, Goldfish, Fruit choice, juice, milk <b>MS/HS</b> - Choice of Hot Entree or Build a Breakfast, Variety of fruit, Milk	<b>3 - No School</b> <b>Note:</b> All students are required to take a minimum ½ cup of fruit





## ELEMENTARY LUNCH – October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<u><b>Red Choice</b></u> Popcorn Chicken <u><b>Blue Choice</b></u> Turkey Bacon Wrap Corn, Mashed Potatoes, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Ravioli, Breadstick <u><b>Blue Choice</b></u> Fish Sandwich Broccoli, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Hot Dog on a Bun <u><b>Blue Choice</b></u> Orange Chicken, Rice Fresh Fruit, Peas, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Bosco Sticks <u><b>Blue Choice</b></u> Turkey and Cheese Sand- wich Green Beans, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Mini Corn Dogs <u><b>Blue Choice</b></u> Cheeseburger Black Beans, Carrots, Rice Krispie Treat, Fresh Veggies, Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13 - Jungle Lunch!</b>
<u><b>Red Choice</b></u> Chicken Wrap <u><b>Blue Choice</b></u> Cheese or Chicken Quesadilla Fresh Fruit, Peas, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Chicken Nuggets <u><b>Blue Choice</b></u> Salisbury Steak, Dinner Roll Mashed Potatoes, Corn, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Beef and Cheese Burrito <u><b>Blue Choice</b></u> Sloppy Joe on a Bun Broccoli, Black Beans, Churro Stick, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Penne Pasta and Meat- balls <u><b>Blue Choice</b></u> BBQ Chicken Sandwich Green Beans, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Monkey Bread Sandwich <u><b>Blue Choice</b></u> Rhino Roll-up Jungle Fruits, Crocodile Teeth, Tiger Tails, Jungle Juice, Cheetah Chips, Animal Crackers, Fresh Veggies, Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20 - No School</b>
<u><b>Red Choice</b></u> Fruit/Yogurt/Granola, String Cheese, Crack- ers <u><b>Blue Choice</b></u> Chicken Drumstick Broccoli, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Spaghetti and Sauce <u><b>Blue Choice</b></u> Hot Ham and Cheese Sandwich Coleslaw, Corn, Fresh Veggies, Milk	<u><b>Red Choice</b></u> French Toast Sticks, Eggs, Sausage <u><b>Blue Choice</b></u> Breakfast Pizza Spiced Apples, Orange Juice, Smiley Shaped Potatoes, Fresh Fruit, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Pretzel Bosco Sticks <u><b>Blue Choice</b></u> Cheese Flatbread Fresh fruit, Green Beans, Roasted Chickpeas, Fresh Veggies, Milk	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<u><b>Red Choice</b></u> Pizza Slice <u><b>Blue Choice</b></u> PB&J Fresh fruit, Peas, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Cheeseburger <u><b>Blue Choice</b></u> Chicken with Rice with Dinner roll Carrots, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Chicken Patty on a Bun <u><b>Blue Choice</b></u> Baked Potato, Toppings, Breadstick Broccoli, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Nacho Supreme, Rice <u><b>Blue Choice</b></u> Italian Sub Refried Beans, Fresh Fruit, Corn, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Pepperoni Calzone <u><b>Blue Choice</b></u> American Sub Fresh Fruit, Green Beans, Jonny Pop, Fresh Veg- gies, Milk
<b>30</b>	<b>31 - Halloween</b>	<b>Nov.1</b>	<b>Nov.2</b>	<b>Nov.3 - No School</b>
<u><b>Red Choice</b></u> Walking taco <u><b>Blue Choice</b></u> Chicken Enchilada Refried Beans, Fresh Fruit, Corn, Fresh Veg- gies, Milk	<u><b>Red Choice</b></u> Spooky Chicken Nuggets <u><b>Blue Choice</b></u> Mummy Turkey/Bacon Wrap Monster Mashed Pota- toes, Googly Eyed Grape Salad, Frankenstein Green Beans, Ghoulish Cupcakes, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Macaroni and Cheese, Dinner Roll <u><b>Blue Choice</b></u> Hot Ham and Cheese Sandwich Fresh Fruit, Carrots, Fresh Veggies, Milk	<u><b>Red Choice</b></u> BBQ Rib Patty <u><b>Blue Choice</b></u> Teriyaki Chicken Sand- wich Fruit Choice, Broccoli, Fresh Veggies, Milk	<ul style="list-style-type: none"> <li>• Choose at least 3 of the 5 Groups</li> <li>• One must be a full serving of fruit or veggie!</li> <li>• Or for a complete meal choose all 5!</li> </ul> <b>GROUPS:</b> Fruit, Veggies, Protein, Grain, Milk

\*Menu subject to availability

**MENU SUBJECT TO CHANGE AT ANYTIME DUE TO PRODUCT AVAILABILITY • This institution is an equal opportunity provider**

# MIDDLE/HIGH SCHOOL LUNCH – October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Choose one entree:</b> Popcorn Chicken, Turkey/Bacon Wrap</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Corn, Mashed Potatoes, Fresh Veggies, Milk</p>	<p><b>3</b></p> <p><b>Choose one entree:</b> Ravioli with Breadstick, Fish Sandwich with Fries</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Broccoli, Fresh Veggies, Milk</p>	<p><b>4</b></p> <p><b>Choose one entree:</b> Hot Dog on a Bun, Orange Chicken over Rice</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Peas, Fresh Veggies, Milk</p>	<p><b>5</b></p> <p><b>Choose one entree:</b> Bosco Sticks, Turkey and Cheese Sub with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Green Beans, Fresh Veggies, Milk</p>	<p><b>6</b></p> <p><b>Choose one entree:</b> Mini Corn Dogs, Cheeseburger</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Black Beans, Rice Krispie Treat, Carrots, Fresh Veggies, Milk</p>
<p><b>9</b></p> <p><b>Choose one entree:</b> Cheese or Chicken Quesadilla, Chicken Wrap with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Peas, Fresh Veggies, Milk</p>	<p><b>10</b></p> <p><b>Choose one entree:</b> Chicken Nuggets, Salisbury Steak with Dinner Roll</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Mashed Potatoes, Corn, Fresh Veggies, Milk</p>	<p><b>11</b></p> <p><b>Choose one entree:</b> Beef and Cheese Burrito with Rice, Sloppy Joe on a bun with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Broccoli, Churro Stick, Black Beans, Fresh Veggies, Milk</p>	<p><b>12</b></p> <p><b>Choose one entree:</b> Penne Pasta with Meatballs, BBQ Chicken Sandwich</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Green Beans, Fresh Veggies, Milk</p>	<p><b>13</b></p> <p><b>Choose one entree:</b> Braided Bread Sandwich, Turkey Bacon Wrap</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Baked Cheetos, Corn, Animal Crackers, Fresh Veggies, Milk</p>
<p><b>16</b></p> <p><b>Choose one entree:</b> Chicken Drumstick with Mashed Potatoes, Pizza Slice</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Broccoli, Fresh Veggies, Milk</p>	<p><b>17</b></p> <p><b>Choose one entree:</b> Spaghetti with Meat Sauce, Hot Ham and Cheese with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Coleslaw, Corn, Fresh Veggies, Milk</p>	<p><b>18</b></p> <p><b>Choose one entree:</b> French Toast Sticks with Sausage and Eggs, Breakfast Pizza</p> <p><b>Fruit &amp; Veggie Bar-</b> Spiced Apples, Orange Juice, Fresh Fruit, Smiley Shaped Potatoes, Fresh Veggies, Milk</p>	<p><b>19</b></p> <p><b>Choose one entree:</b> Pretzel Bosco Sticks, Cheese or Chicken Flatbread</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Green Beans, Roasted Chickpeas, Fresh Veggies, Milk</p>	<p><b>20 - No School</b></p>
<p><b>23</b></p> <p><b>Choose one entree:</b> Pizza Slice, PB&amp;J or Fruit and Yogurt</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Peas, Fresh Veggies, Milk</p>	<p><b>24</b></p> <p><b>Choose one entree:</b> Cheeseburger, Chicken with Rice with dinner roll</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Carrots, Fresh Veggies, Milk</p>	<p><b>25</b></p> <p><b>Choose one entree:</b> Chicken Patty on a Bun, Baked Potato with Toppings and Breadstick</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Broccoli, Fresh Veggies, Milk</p>	<p><b>26</b></p> <p><b>Choose one entree:</b> Nacho Supreme with Rice, Italian Sub with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Refried Beans, Corn, Fresh Veggies, Milk</p>	<p><b>27</b></p> <p><b>Choose one entree:</b> Pepperoni Calzone, American Sub with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Refried Beans, Johnny Pop, Green Beans, Fresh Veggies, Milk</p>
<p><b>30</b></p> <p><b>Choose one entree:</b> Walking taco in a bag, Chicken Enchilada</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Refried Beans, Corn, Fresh Veggies, Milk</p>	<p><b>31 - Halloween</b></p> <p><b>Choose one entree:</b> Spooky Chicken Nuggets or Mummy Turkey/Bacon Wrap</p> <p><b>Fruit &amp; Veggie Bar-</b> Monster Mashed Potatoes, Googly Eyed Grape Salad, Frankenstein Green Beans, Ghoulish Cupcake, Fresh Fruit, Fresh Veggies, Milk</p>	<p><b>Nov.1</b></p> <p><b>Choose one entree:</b> Macaroni and Cheese with Dinner Roll, Chicken Patty (Regular or Spicy) on a bun with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Carrots, Fresh Veggies, Milk</p>	<p><b>2</b></p> <p><b>Choose one entree:</b> BBQ Rib Patty on a bun, Teriyaki Chicken Sub</p> <p><b>Fruit &amp; Veggie Bar-</b> Fresh Fruit, Baked Chips, Broccoli, Fresh Veggies, Milk</p>	<p><b>3 - No School</b></p> <ul style="list-style-type: none"> <li>• Choose at least 3 of the 5 Groups</li> <li>• One must be a full serving of fruit or veggie!</li> <li>• Or for a complete meal choose all 5!</li> </ul> <p><b>GROUPS:</b> Fruit, Veggies, Protein, Grain, Milk</p>