



Food Zone



October Menu 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dogs w/ Buttered Noodles Or Chicken Nuggets Sweet Potatoes Choice of Fruit Choice of Milk	3 Macaroni & Cheese or Hamburger Carrots Choice of Fruit Choice of Milk	4 Pulled Pork Sandwich Or Buffalo Popcorn Chicken Celery Sticks Choice of Fruit Choice of Milk	5 Pierogies Or Hot Dog on Bun Garbanzo Beans Choice of Fruit Choice of Milk	6 Cheese Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
9 Pancakes w/ Sausage Links Or Chicken Nuggets Hashbrowns Choice of Fruit Choice of Milk	10 Chicken Alfredo Pasta or Hamburger Broccoli Choice of Fruit Choice of Milk	11 Pasta & Meatballs Or Popcorn Chicken Peas Choice of Fruit Choice of Milk	12 Walking Tacos Or Hot Dog on Bun Corn Choice of Fruit Choice of Milk	13 Pepperoni Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
16 French Toast Sticks w/ Bacon Or Chicken Nuggets Sweet Potatoes Choice of Fruit Choice of Milk	17 Pulled Pork Sandwich or Hamburger Green Beans Choice of Fruit Choice of Milk	18 Grilled Cheese w/ Tomato Soup Or Popcorn Chicken Peas Choice of Fruit Choice of Milk	19 Bacon Cheese Burger Or Hot Dog on Bun Tater Tots Choice of Fruit Choice of Milk	20 LUCKY TRAY DAY!! Thin Crust Cheese Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
23 Pancakes w/ Sausage Links Or Chicken Nuggets Hashbrowns Choice of Fruit Choice of Milk	24 Chicken Snack Wrap or Hamburger Cucumbers Choice of Fruit Choice of Milk	25 Meatballs w/Breadsticks Or Buffalo Popcorn Chicken Romaine Salad Choice of Fruit Choice of Milk	26 BBQ Rib Sandwich Or Hot Dog on Bun Corn Choice of Fruit Choice of Milk	27 No School In-Service Day
30 No School Clerical Day	31 Happy Halloween! Ham & Cheese Sandwich or Hamburger French Fries Choice of Fruit Choice of Milk			

**Menu subject to change.

Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include: Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon Applesauce, Pineapples, and Mandarin Oranges.