

# October

## 4 Day Elementary Individual Serving Menu

Hungry? Apply for meal benefits today, by going to [MySchoolApps.com](http://MySchoolApps.com)



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You may pay for meals online at no extra cost, by visiting [www.MySchoolBucks.com](http://www.MySchoolBucks.com). Menu Subject to Change.


V = Meatless Option 

Our milk varieties include 1% low fat & fat-free choices. 

Nutritious seasonal fresh & cupped fruit served daily. 

We offer a variety of vitamin and mineral rich vegetables. 

We use heart healthy whole grain breads and rice. 

\*All Menus are subject to change.\* 

	MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
<b>Week of Respect</b>	<b>Salsa Fajita Chicken</b> <b>2</b> w/Sweet Corn & Tortilla Chips or Bean & Cheese <b>Burrito V</b> Edamame Applesauce Milk	<b>Double Dog</b> <b>3</b> or <b>Grilled Cheese Sandwich V</b> Green Beans/Tater Tots (HT) Craisins Milk	<b>Breaded Chicken Drumstick</b> <b>4</b> or <b>Bean &amp; Cheese Burrito V</b> Baby Carrots Mixed Fruit Cup Goldfish Crackers Milk	<b>Pepperoni Pizza</b> <b>5</b> (Contains Pork) or <b>Grilled Cheese Sandwich V</b> Green Salad w/Ranch Apple Slices Milk	
<b>School Lunch Week</b>	<b>Beef Mac n' cheese</b> <b>9</b> or Bean & Cheese <b>Burrito V</b> Celery w/Ranch Applesauce Milk	<b>Cheeseburger Sliders</b> <b>10</b> or <b>Grilled Cheese Sandwich V</b> Green Peas/Campfire Baked Beans (HT) Pineapple Milk	<b>Chicken Mashed Potato Bowl</b> <b>11</b> or <b>Bean &amp; Cheese Burrito V</b> Baby Carrots w/Ranch Raisels Milk	<b>Pepperoni Pizza</b> <b>12</b> (Contains Pork) or <b>Grilled Cheese Sandwich</b> Green Salad w/Ranch Orange Slices Milk	
	<b>BBQ Rib Sandwich</b> <b>16</b> or <b>Bean &amp; Cheese Burrito V</b> Fiesta Beans/Green Peas (HT) Applesauce Milk	<b>Double Dog</b> <b>17</b> or <b>Grilled Cheese Sandwich V</b> Celery w/Ranch Mandarin Orange Cup Yogurt Milk	<b>BBQ Pulled Pork w/Campfire Baked Beans &amp; Dinner Roll</b> <b>18</b> or <b>Bean &amp; Cheese Burrito V</b> Baby Carrots w/Ranch Pineapple Cup Milk	<b>Cheese Pizza V</b> <b>19</b> or <b>Grilled Cheese Sandwich V</b> Green Salad w/Ranch Apple Slices Goldfish Crackers Milk	
	<b>Chicken Gordita</b> <b>23</b> or <b>Bean &amp; Cheese Burrito V</b> Tater Tots/Fiesta Beans (HT) Applesauce Milk	<b>Hamburger w/bun &amp; Smile</b> <b>24</b> Potatoes or <b>Grilled Cheese Sandwich V</b> Baby Carrots w/Ranch Peach Cup Celebration Cookie Milk	<b>Chicken Tenders (3 pieces)</b> <b>25</b> or <b>Bean &amp; Cheese Burrito V</b> Celery w/Ranch Apple Slices Milk	<b>Cheese Pizza V</b> <b>26</b> or <b>Grilled Cheese Sandwich V</b> Green Salad w/Ranch Fresh Grapes Milk	
	<b>Teriyaki Chicken Sliders</b> <b>30</b> or <b>Bean &amp; Cheese Burrito V</b> Campfire Beans/Sweet Corn (HT) Pineapple Cup Milk	<b>Crispy Chicken Filet Sandwich w/bun &amp; Tater Tots</b> <b>31</b> or <b>Grilled Cheese Sandwich V</b> Baby Carrots w/Ranch Craisins Milk		<b>Week of Respect - "Get Your Blue On"</b>  10/2: Kick Off! 10/3: Respect Yourself Day 10/4: Respect Each Other Day 10/5: Respect Your School Day 10/6: "Get Your Blue On!"	