

2

Salisbury Steak w/ Gravy and Egg Noodles

- Chicken Salad w/ Dinner Roll
- Ham & Turkey Sandwich

side items

- Roasted Mixed Vegetables & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

3

Chicken Nugget Country Bowl w/ Tortilla Chips

- Ham & Turkey Cobb Salad w/ Dinner Roll
- Egg Salad Sub

side items

- Steamed Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

4

Chili Mac w/ Breadstick

- Fruit and Yogurt Platter w/ Dinner Roll
- Ham & Cheese Sandwich
- Pizza & Grill Station

side items

- Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

5

Chicken Tenders w/ Cheddar & Chili Flatbread

- Chicken Popcorn Salad w/ Dinner Roll
- Cheese Sandwich

side items

- Steamed Zucchini Squash & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

6

*****EARLY RELEASE*****

- Corn Dog
- Turkey & Cheese Sandwich

side items

- Fresh Fruit or Fresh Vegetable
- Assorted Milk & 100% Fruit Juice

9

CHRISTOPHER COLUMBUS DAY
NO SCHOOL

side items

10

Fish Sticks w/ Mac and Cheese

- Turkey Chef Salad w/ Dinner Roll
- Ham Sandwich
- Pizza & Grill Station

side items

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

11

Breaded Drumstick w/ Pretzel

- Beef Nacho Salad w/ Tortilla Chips
- Turkey and Cheese Sandwich
- Pizza & Grill Station

side items

- Sweet Potato Fries & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

12 **Fuel**

Chick N' Cheese Griller

- Chicken Salad w/ Dinner Roll
- Bagel w/ Cheese and Vegetable Salsa
- Pizza & Grill Station

side items

- Kickin' Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

13

Sweet & Sour Broccoli Chicken w/ Egg Roll

- Tuna Platter w/ Dinner Roll
- Ham and Cheese Wrap

side items

- Steamed Spinach & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

16

Chicken Tender w/ Dinner Roll

- Baja Vegetable Salad w/ Pretzel
- Ham & Cheese Sandwich
- Pizza & Grill Station

side items

- Mashed Potatoes & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

17

Rotini w/ Italian Meatsauce

- Chicken Caesar Salad w/ Dinner Roll
- Turkey Wrap
- Pizza & Grill Station

side items

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

18 **Fuel**

Steak N' Cheese Griller

- Egg Chef Salad w/ Dinner Roll
- Chicken Salad Sandwich
- Pizza & Grill Station

side items

- Steamed Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

19

PARENT - TEACHER - CONFERENCE
NO SCHOOL

side items

20

PARENT - TEACHER - CONFERENCE
NO SCHOOL

side items

23

Meatloaf w/ Gravy & Italian Flatbread

- Fruit Platter w/ Cheese & Crackers
- Cheese Wrap
- Pizza & Grill Station

side items

- French Fries & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

24

Chicken Popcorn Bowl w/ Dinner Roll

- Tuna Platter w/ Dinner Roll
- Turkey Sandwich
- Pizza & Grill Station

side items

- Vegetable Blend & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

25

Mac & Cheese w/ Ham

- Ham & Turkey Cobb Salad w/ Dinner Roll
- Ham & Cheese Sub
- Pizza & Grill Station

side items

- Steamed Acorn Squash & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

26

Chicken Enchiladas w/ Corn & Rice Salad

- Chicken Ranch Salad w/ Dinner Roll
- Egg Salad Sandwich
- Pizza & Grill Station

side items

- Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

27

Cajun Chili Fries Bowl

- Egg Caesar Salad w/ Dinner Roll
- Asian Chicken Wrap
- Pizza & Grill Station

side items

- Steamed Broccoli & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

30

Pizza Sticks w/ Marinara Sauce

- Chicken Chef Salad w/ Dinner Roll
- Turkey Santa Fe Wrap
- Pizza & Grill Station

side items

- Steamed Corn & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

31 **Halloween**

Cajun Meatball Stew w/ Dinner Roll

- Bean Nacho Salad w/ Tortilla Chips
- Ham and Cheese Sandwich
- Pizza & Grill Station

side items

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

1

side items


2

side items

3

side items

Daily we offer different entree choices. Each entree has to include a fruit and/or vegetable serving.

 Local ingredients are always used when in season


 Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

*****REFRESH AND RENEW*****


FRUIT AND VEGETABLE CART

Daily rotation of vitamin rich fruits and vegetables from the fruit and vegetable cart.



HOT SIDE ITEM

Daily we offer a hot side item.



CHOICE OF MILK

We offer different kind of milk choices.