

October is
Farm to
School
Month!

Elementary School Lunch Menu

Monday

Meat Tacos
Bean Tacos
Chicken Caesar Salad
Salsa Cup
Fresh Fruit
Pineapple Cup
Seasoned Corn
Non - Fat & Low - Fat Milk

Tuesday

Cheese Lasagna
w/ Garlic Bread
Chicken Wrap
Uncrustable Kit
Steamed Carrots
Fresh Fruit
Orange Slices
Fresh Side Salad
Non - Fat & Low Fat Milk

Wednesday

Chicken Cheese Steak
Chef Salad
Muffin & Yogurt Pack
Applesauce Cup
Fresh Fruit
Chickpea Salad
Fresh Side Salad
Non - Fat & Low - Fat Milk

Thursday

Chicken Teriyaki w/
Brown Rice
Turkey Hoagie
Uncrustable Kit
Apple Slices
Fresh Fruit
Roasted Edamame
Raw Veggie Cup
Non - Fat & Low - Fat Milk

Friday

Mini WG Calzones w/ Marinara	Fresh Fruit
Chicken Salad Sandwich	Fresh Side Salad
Veggie Cobb Salad	Roasted Broccoli w/ Lemon
Red Grapes	Non - Fat & Low - Fat Milk

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Elementary School Breakfast Menu

Monday

Oatmeal Bar
Orange Juice
Fresh Fruit
Cereal Variety
Non - Fat & Low Fat Milk

Tuesday

Low - Fat Yogurt Parfait
Apple Slices
Fresh Fruit
Cereal Variety
Non - Fat & Low Fat Milk

Wednesday

Egg & Cheese on English Muffin
Apple Juice
Fresh Fruit
Cereal Variety
Non - Fat & Low Fat Milk

Thursday

WG Muffin & Cheese Stick
Orange Slices
Fresh Fruit
Cereal Variety
Non - Fat & Low Fat Milk

Friday

Mini Pancakes
Orange Juice
Fresh Fruit
Cereal Variety
Non - Fat & Low Fat Milk