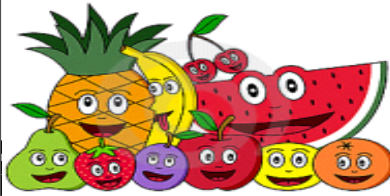


OCTOBER 2018

Treat yourself
to a **HEALTHY** lunch....
at an
ELEMENTARY School



Milk Served Daily
SERVED DAILY



Offered Daily
SALAD BAR
Includes
LEAFY GREENS
FRESH VEGGIES
CANNED VEGGIES
FRSEH FRUIT
CANNED FRUIT
LEGUMES

Served Daily
WHOLE GRAINS
Part of a Healthy
Diet!

Highland



HAVE A GREAT MONTH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
ROTINI/ Roll
Sweet & Sour CHICKEN
w/ RICE
CORNDOG
1% White Milk
Fat Free Chocolate Milk



2
Baked MOZZARELLA STK
TURKEY Noodle SOUP
w/Bread Stick
BURRITO
1% White Milk
Fat Free Chocolate Milk

3
MEXI FIESTA PLATTER
CHICKEN NUGGETS/Roll
YOGURT BASKET
Dessert
1% White Milk
Fat Free Chocolate Milk



4
HAMBURGER
PIZZA
1% White Milk
Fat Free Chocolate Milk



5 NO SCHOOL



8
BEAN SOMBERO
Cottage Cheese PLATTER
CORNDOG
1% White Milk
Fat Free Chocolate Milk



9
PANCAKES/ SAUSAGE
CHICKEN SANDWICH
BURRITO
1% White Milk
Fat Free Chocolate Milk



10
POPCORN CHICKEN/Roll
ASIAN RICE BOWL
NACHOS
Dessert
1% White Milk
Fat Free Chocolate Milk

11
FAJITA WRAP
PIZZA
1% White Milk
Fat Free Chocolate Milk



12 NO SCHOOL



15
CHICKEN WRAP
TOMATO MAC SOUP
w/Cheese Sandwich
CORNDOG
1% White Milk
Fat Free Chocolate Milk

16
Baked MOZZARELLA STK
CHILI / Cornbread
BURRITO
1% White Milk
Fat Free Chocolate Milk



17
OPEN FACE SANDWICH
CHICKEN NUGGETS/Roll
YOGURT BASKET
Dessert
1% White Milk
Fat Free Chocolate Milk



18
TUNA TORPEDO
PIZZA
1% White Milk
Fat Free Chocolate Milk

19 NO SCHOOL



22
POPCORN CHIX BOWL
RIB GRILLER
CORNDOG
1% White Milk
Fat Free Chocolate Milk

23
SOFT TACO
CHICKEN Noodle SOUP
w/Roll
BURRITO
1% White Milk
Fat Free Chocolate Milk

24
Homemade Mac & Cheese
DRUMSTICK/ ROLL
NACHOS
Dessert
1% White Milk
Fat Free Chocolate Milk



25
CAMPFIRE DOG
TACO SALAD
CHEESEBURGER
1% White Milk
Fat Free Chocolate Milk

26
SLOPPY JOE
PIZZA
1% White Milk
Fat Free Chocolate Milk

29
Grilled CHEESE
MEATLOAF/ Potatoes/Roll
CORNDOG
1% White Milk
Fat Free Chocolate Milk



30
SAUSAGE BISCUIT
COLD CUT COMBO
BURRITO
1% White Milk
Fat Free Chocolate Milk

31
CHICKEN TATOR BAKE
TERIYAKI CHICKEN
PLATTER
YOGURT BASKET
1% White Milk
Fat Free Chocolate Milk



This institution is an equal opportunity provider

Date: October 2005		Menu Item
Week 1	Sandwich Week	
Monday 10/3/05	Turkey and Bacon wrap	
Tuesday 10/4/05	Max Double stuff Turkey & Pep. Square w/ apple slices 5# bag	
Wednesday 10/5/05	Open Face Sandwich	
Thursday 10/6/05	Chicken Sandwich	
Friday 10/7/05	Hamburger on Bun	
Week 2	Healthy Choice School Lunch	
Monday 10/10/05	Bread Stix wrapped with Ham 1.5 oz. Or 1 Ham & 1 Cheese	
Tuesday 10/11/05	Popcorn Chicken Salad	
Wednesday 10/12/05	Ham Cubes 2oz or Sticks 1/2 cheese stix - 2 ea apple slices & oster crackers bag	
Thursday 10/13/05	Mexican Pizza square w/ watermelon wedge	
Week 3	Burger Week	
Tuesday 10/18/05	BBQ Beef	
Thursday 10/19/05	Sloppy Joe	
Thursday 10/20/05	Cheese Burger	
Thursday 10/21/05	Turkey & Cheese on Hamburger bun	
Week 4	Healthy Choice School Lunch	
Monday 10/24/05	Ham & Cheese stix or squares / with oster crackers - wedge of watermelon or celery stix and cherry tomato	
Tuesday 10/25/05	#100 tray - Taco Salad - grd. beef & refried beans, salad, cheese, chips	
Wednesday 10/26/05	# 100 tray - boiled egg - whole or sliced - wedge of watermelon - goldfish crackers sliced cheese yellow 1 oz. Approx or more	
Thursday 10/27/05	8oz foam tray - cottage cheese topped with fruit Mandarin Oranges / Pineapple Tidbits / Pears & Peach slices with crackers asst.	
Friday 10/28/05	# 100 tray - 4oz portion paper cup peanut butter / 2 each celery stix - 2 ea cherry tomato - 1 pkg. Saltine crackers - 2 slices of cheese (in squares)	
Week 5	Sandwich Week	
Monday 10/31/05	Grilled Cheese	