

# October 2017 Lunch Menu

**HS Lunch \$2.50 Elem Lunch \$2.25 Reduced Price Lunch \$ .25**

Daily Alternate include: Chef Salad w/rolls, PBJ Sandwich,

Mon /Wed /Friday -Buffalo Chicken Wrap    Tues/Thursday –Ham and Cheese Wrap

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Pork w/bun Smile Fries (S) Coleslaw Chilled fruit Low Fat or Fat Free Milk <b>2</b>	Chicken Patty w/bun Oven Fries (S) Peas (S) Chilled fruit Low Fat or Fat Free Milk <b>3</b>	Wolfe’s pizza Romaine Salad w/dressing(DG) Chilled fruit Homemade Brownies Low Fat or Fat Free milk <b>4</b>	Meatball sub Buttered Pasta Broccoli Florets (DG) Strawberries Low Fat or Fat Free milk <b>5</b>	Loaded Nachos Vegetarian Beans (BL) Chilled fruit Low Fat or Fat Free milk <b>6</b>
<b>No School</b> <b>Columbus Day</b> <u>Vegetable Sub Groups</u> ;RO: red/orange DG: dark green S: starchy BL: bean/legume O: other Fresh veggies offered daily <b>9</b>	Chili dog on a Bun Oven baked fries (S) Cooked Carrots (RO) Chilled fruit Low fat or fat free Milk <b>10</b>	Wolfe’s pizza Romaine Salad w/dressing(DG) Chilled fruit Homemade Peach crisp Low Fat or Fat Free milk <b>11</b>	Turkey Club Sandwich Chicken Noodle soup Green beans (O) Chilled fruit Low Fat or Fat Free milk <b>12</b>	Cheeseburger on a bun Vegetarian Beans (BL) Chilled fruit Low Fat or Fat Free milk <b>13</b>
Popcorn Chicken w/dipping sauce Dinner roll Broccoli florets (DG) Chilled fruit Low fat or fat free Milk <b>16</b>	Cheeseburger Sweet Potato Fries (RO) Cooked Carrots (RO) Chilled fruit Low Fat or Fat Free Milk <b>17</b>	Wolfe’s pizza Romaine Salad w/dressing(DG) Chilled fruit Choc chip cookie Low Fat or Fat Free milk <b>18</b>	Soft tacos w/toppings Rice Pilaf Baked beans (BL) Strawberries Low fat or fat free Milk <b>19</b>	Baked Rotini w/cheese Dinner Roll Green Beans(O) Chilled fruit Low Fat or Fat Free Milk <b>20</b>
<b>Breakfast for Lunch Day</b> French Toast Sticks Sausage Patty Tater Tots(S) Chilled fruit Low Fat or Fat Free milk <b>23</b>	Mac & Cheese Soft Pretzel Spinach (DG) Chilled fruit Low Fat or Fat Free Milk <b>24</b>	Wolfe’s pizza Romaine Salad w/dressing(DG) Chilled fruit Homemade Choc cake w/frosting Low Fat or Fat Milk <b>25</b>	Assorted Subs Baked Lays Potato chips Baby carrots w/dip(RO) Chilled fruit Low Fat or Fat Free milk <b>26</b>	Chicken Parmesan Parmesan pasta Broccoli Florets (DG) Chilled fruit Low Fat or Fat Free milk <b>27</b>
Ham and cheese Bagel Vegetable soup Choc Cake w/frosting Chilled fruit Low Fat or Fat Free milk <b>30</b>	<b>Happy Halloween</b> Spookgehti w/meatballs WG Broom stick Broccoli Florets (DG) Chilled fruit Ladyfinger Pudding Low Fat or Fat Free milk <b>31</b>	Wolfe’s pizza Romaine Salad w/dressing(DG) Homemade Apple crisp Low Fat or Fat Milk <b>1</b>	Taco Salad w/toppings Homemade Cornbread Baked Beans (BL) Blueberries Low Fat or Fat Free Milk <b>2</b>	Elem: Popcorn chicken w/dipping sauce HS: Fish nuggets w/ dipping sauce Mashed potatoes Seasoned Corn Chilled fruit Low Fat or Fat Free Milk <b>3</b>

\* Menu subject to change without notice\*

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