



School Lunch Menu

October 2017

Student First and Last Name: _____

Grade: _____

Due on Sept. 29

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 BBQ Chicken on a Bun 2 2 Turkey, cheddar on a bun 3 GF chef salad Baby Carrots Fresh Pear Sun Chips Milk	1 cheese omelet 3 2 chicken Caesar salad 3 GF rice, beans with chicken French Toast x2 syrup Hash Browns Banana Milk	1 Chicken in garlic cream 4 2 turkey ham, swiss on bun 3 GF chicken in garlic cream Mashed Potatoes Grape Tomatoes Red Grapes W.G. Dinner Roll Milk	1 Chili with Beef, Beans 5 2 Chef Salad 3 GF chili Shredded Cheese Fresh Broccoli Red Apple W.G. Bread Stick Milk	1 Cheese Pizza 6 2 Tuna Salad on bun 3 GF chicken Caesar salad Sliced Cucumbers Fresh Orange Milk
1 Baked Chicken Strips 9 2 Chef salad 3 chef salad Seasoned Brown Rice with Black Beans Carrot and Celery Sticks Red Apple Milk	1 Lasagna Hot Dish 10 2 chicken, cheddar wrap 3 GF Chicken Caesar salad Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Chunks Slice of French Bread Milk	1 Cheese Burger on a bun 11 2 Beef taco salad 3 GF burger, rice Garlic Mashed Potatoes with Cheese Asian Cole Slaw Banana Milk	1 Wild Rice Hot Dish 12 2 steak, cheddar wrap 3 GF chef salad Fresh Broccoli Red Grapes W.G. Dinner Roll Milk	1 Cheese Pizza 13 2 chicken Caesar salad 3 GF chicken, rice Fresh Carrots Fresh Orange Milk
1 Sloppy Joe on a Bun 16 2 Turkey, cheddar on bun 3 GF Chef salad Baby Carrots Golden Apple Sun Chips Milk	1 Swedish Meatballs 17 2 chicken Caesar salad 3 GF chicken Caesar salad Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	1 Sliced Chicken Alfredo 18 2 Turkey ham, swiss on bun 3 GF chicken, rice Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Bread Stick Milk	19 No School	20 No School
1 Baked Chicken Strips 23 2 chef salad 3 GF Chef salad Seasoned Brown Rice with Black Beans Carrot and Celery Sticks Fresh Orange Milk	1 Pizza Hotdish 24 2 chicken, cheddar wrap 3 GF chicken Caesar salad Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Chunks Milk	1 Salisbury Steak in Gravy 25 2 Beef Taco salad 3 GF burger, rice Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	1 Sliced Chicken Teriyaki 26 2 steak, cheddar wrap 3 chef salad Brown Rice Fresh Broccoli Red Apple W.G. Dinner Roll Milk	1 Baked Cheese Pizza 27 2 chicken Caesar salad 3 GF chicken Caesar salad Baby Carrots Red Grapes Milk
1 BBQ Chicken Breast 30 2 Turkey, cheddar on bun 3 GF chef salad Creamy Cole Slaw Red Apple Sun Chips Milk	1 Chicken Fajita x2 31 2 chicken Caesar salad 3 GF chicken Caesar salad Seasoned Black Beans Sliced Cucumbers Banana Tortilla Chips with Salsa Milk			

Menu Options

Circle one each day.

1 Hot Entrée

2 Cold Entrée

#3 GF=GLUTEN FREE
BY DOCTORS
REQUEST ONLY

Extra Entrée

Write the number 2 on the
date along with circling
the menu option.

*All sandwiches come
with fruit and vegetables.

*All salads come with
breadstick and fruit on
the day.

Child lunch 3.35

Extra lunch 2.25

Adult lunch 4.25

*All items are subject
to change

of Entrees _____ x \$3.35 = _____

of Extras _____ x \$2.25 = _____

of Milks* _____ x \$0.50 = _____

* do not count milk included with entre, only alone or as extra.