

OCTOBER | 2022

Elementary Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Fall Break



17 Teriyaki Dippers with a Dinner Roll Mini Peppers Fresh Fruit Choice of Milk	18 Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	19 Chicken Nuggets French Fries Fresh Fruit Choice of Milk	20 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit Choice of Milk	21 Pizza Slice Cucumber Fresh Fruit Choice of Milk
24 Walking Taco Refried Beans Fresh Fruit Choice of Milk	25 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	26 Grilled Cheese Tomato Soup Fresh Fruit Choice of Milk	27 Mini Corn Dogs Curly Fries Fresh Fruit Choice of Milk	28 Calzone Green Beans Fresh Fruit Choice of Milk
31 Hamburger Baked Beans Fresh Fruit Choice of Milk	1 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	2 Chicken Drumstick Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	3 Popcorn Chicken Broccoli Fresh Fruit Choice of Milk	4 Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Protein Power: yogurt, grain, string cheese^V

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.40
Adult: \$4.80
Extra Milk: \$0.50