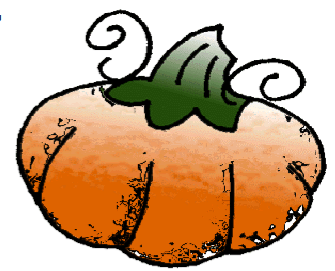
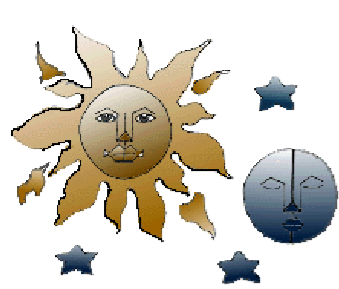


# October

## Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 WG GRILLED CHEESE OR PROTEIN POWER PACK W/ GOLDFIS PRETZELS TOMA TO SOUP BABY CARROTS APPLESAUCE VARIETY MILK	3 CHICKEN NUGGETS WW DINNER ROLL OR TURKEY AND CHEESE ON WW BUN SEASONED GREEN BEANS BABY CARROTS FRESH FRUIT OF THE DAY OR 100% FRUIT PUNCH VARIETY MILK	4 CHEESEBURGER OR TURKEY AND CHEESE ON WW BUN VEGETARIAN BEANS SUNCUP VEGETABLE JUICE BLEND MIXED FRUIT VARIETY MILK	5 BBQ RIB ON CLUB ROLL OR YOGURT W/ STRING CHEESE & GOLDFISH GRAHAMS SEASONED CORN BABY CARROTS FRESH FRUIT OF THE DAY OR 100% APPLE JUICE VARIETY MILK	6 PIZZA ROUND OR TURKEY AND CHEESE ON WW BUN CHOPPED ROMAINE SALAD SUNCUP VEGETABLE JUICE BLEND CHILLED PEACHES VARIETY MILK
9 <b>NATIONAL SCHOOL LUNCH WEEK 10/9 - 10/13</b>  NO SCHOOL TODAY	10 CHICKEN PATTY ON WW BUN OR TURKEY HAM & CHEESE ON WW BUN CALIFORNIA VEGGIES SUNCUP VEGETABLE JUICE BLEND PINEAPPLE CHUNKS VARIETY MILK	11 BEEF & CHEESE NACHOS W/ SALSA OR TURKEY HAM & CHEESE ON WW BUN CHEEZY REFRIED BEANS BABY CARROTS FRESH FRUIT OF THE DAY OR 100% ORANGE TANG. JUICE VARIETY MILK	12 CHEESE STEAK SANDWICH OR TURKEY HAM & CHEESE ON WW BUN POTATO WEDGES SUNCUP VEGETABLE JUICE BLEND CHILLED PEARS VARIETY MILK	13 WG FRENCH BREAD PIZZA OR TURKEY HAM & CHEESE ON WW BUN CHOPPED ROMAINE SALAD FRESH FRUIT OF THE DAY OR 100% GRAPE JUICE VARIETY MILK
16 CHEESE LA SAGNA OR TURKEY STICK W/ STRING CHEESE WG BREADSTICK MIXED VEGETABLES SUNCUP VEGETABLE JUICE BLEND APPLESAUCE VARIETY MILK	17 CHICKEN STRIPS WW DINNER ROLL OR TURKEY AND CHEESE ON WW BUN BROCCOLI w/CHEESE SAUCE BABY CARROTS FRESH FRUIT OF THE DAY OR 100% FRUIT PUNCH VARIETY MILK	18 MANWICH ON WW BUN OR TURKEY AND CHEESE ON WW BUN SWEET POTATO WAFFLE FRIES SUNCUP VEGETABLE JUICE BLEND MIXED FRUIT VARIETY MILK	19 ALL BEEF HOT DOG ON BUN OR YOGURT W/ STRING CHEESE & GOLDFISH GRAHAMS VEGETARIAN BEANS BABY CARROTS FRESH FRUIT OF THE DAY OR 100% APPLE JUICE VARIETY MILK	20 PIZZA BAGEL OR TURKEY AND CHEESE ON WW BUN GARDEN PEAS BABY CARROTS CHILLED PEACHES WG CHEEZ-IT CRACKERS VARIETY MILK
23 CHEESE CALZONE OR PROTEIN POWER PACK TOSSED KALE SALAD FRESH FRUIT OF THE DAY OR 100% FRUIT PUNCH VARIETY MILK	24 CHICKEN PARM SANDWICH OR TURKEY HAM & CHEESE ON WW BUN CALIFORNIA MIXED VEGETABLES SUNCUP VEGETABLE JUICE BLEND PINEAPPLE CHUNKS VARIETY MILK	25 SOFT SHELL TACO W/ SALSA OR TURKEY HAM & CHEESE ON WW BUN BLACK BEAN & CORN FIESTA BABY CARROTS FRESH FRUIT OF THE DAY OR 100% ORANGE TANG JUICE VARIETY MILK	26 ROTINI WITH MEATSAUCE WG DINNER ROLL OR TURKEY HAM & CHEESE ON WW BUN CHOPPED ROMAINE SALAD SUNCUP VEGETABLE JUICE BLEND CHILLED PEARS VARIETY MILK	27 DOUBLE STUFFED PIZZA OR TURKEY HAM & CHEESE ON WW BUN SEASONED CORN BABY CARROTS FRESH FRUIT OF THE DAY OR 100% GRAPE JUICE VARIETY MILK
30 MACARONI AND CHEESE W/ WW DINNER ROLL OR YOGURT W/ STRING CHEESE & GOLDFISH GRAHAMS STEWED TOMATOES BABY CARROTS APPLESAUCE VARIETY MILK	31 CHICKEN AND CHEESE FAJITA W/ SALSA OR TURKEY AND CHEESE ON WW BUN BLACK BEANS & CORN BABY CARROTS FRESH FRUIT OF THE DAY OR 100% FRUIT PUNCH APPLE SMILEY COOKIE VARIETY MILK		One student lunch is provided to all students at no cost.	Fruit or Veggie Choose at least one for a complete meal.