

October Menu 2018
Valley View & Vintage Hills Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheeseburger Sliders Bean & Cheese Burritos <i>Get Healthy Salad Bar</i>	2 Pepperoni Pockets Bean & Cheese Burrito* <i>Get Healthy Salad Bar</i>	3 Teriyaki Chicken & Rice Cheese Pinwheels* <i>Get Healthy Salad Bar</i>	4  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	5 Chicken Noodle Soup Pasta & Marinara* <i>Get Healthy Salad Bar</i>
8 Mini Corn Dog or Cheese Chalupa* <i>Get Healthy Salad Bar</i>	9 Meatball Sandwich or Cheesy Breadsticks* <i>Get Healthy Salad Bar</i>	10 Orange Chicken with Rice Cheese Quesadillas* <i>Get Healthy Salad Bar</i>	11  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	12 Mini Chicken Tacos Cheese Lasagna* <i>Get Healthy Salad Bar</i>
15 Pop Corn Chicken <i>(Antibiotic Free Chicken)</i> Flautas* <i>Get Healthy Salad Bar</i>	16 Buffalo Chicken Wings Flautas* <i>Get Healthy Salad Bar</i>	17 Chicken Drumstick & Wedge Potatoes Cheese Pasta Shells* <i>Get Healthy Salad Bar</i>	18  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	19 Cheese or Veggie Burger Bean Empanadas* <i>Get Healthy Salad Bar</i>
22 Pasta & Chicken & Creamy White Sauce Baked Potatoes & Fixings* <i>Get Healthy Salad Bar</i>	23 Turkey & Gravy & Mashed Potatoes Mac & Cheese* <i>Get Healthy Salad Bar</i>	24 Pulled Pork & Roll Cheese Quesadilla* <i>Get Healthy Salad Bar</i>	25  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	26 Chicken Tenders Nacho Bites* <i>Get Healthy Salad Bar</i>
29 Mini Corn Dog or Cheese Chalupa* <i>Get Healthy Salad Bar</i>	30 Pasta & Chicken & Creamy White Sauce Baked Potatoes & Fixings* <i>Get Healthy Salad Bar</i>	31 Celebration Nuggets & Tater Tots Flautas* <i>Get Healthy Salad Bar</i>		

Ala-carte items for sale: Vegetable Juice \$0.75, Water \$0.50 & \$1.50, and Frozen Yogurt \$1.00

Enjoy a Healthy Salad Bar

At least one item from each USDA Vegetable Subgroups will be available to students everyday!

- Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.
- Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.
- Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.
- Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.
- Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

Milk, 1% or Non-fat White, Non-fat Chocolate, Non-fat Strawberry

Fuel up to Learn Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffins & Cheese Stick* Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Burrito* Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Croissant Seasonal Fruit and Juice Cold Cereal & Milk	Pizza Bagel* Seasonal Fruit and Juice Cold Cereal & Milk	Dutch Waffle* Seasonal Fruit and Juice Cold Cereal & Milk

****Celebrate May Birthdays on the 25th with a fun treat!****

***Other Vegetarian Options Available Daily at Lunch:**

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola



BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% juice, and milk
LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

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