







October Menu 2018
Heart & Walnut Grove Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheeseburger Sliders Bean & Cheese Burritos <i>Get Healthy Salad Bar</i>	2  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	3 Teriyaki Chicken & Rice Cheese Pinwheels* <i>Get Healthy Salad Bar</i>	4 Beef or Turkey Hot Dogs Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	5 Chicken Noodle Soup Pasta & Marinara* TGIF Treat Raisels <i>Get Healthy Salad Bar</i>
8 Mini Corn Dog or Cheese Chalupa* <i>Get Healthy Salad Bar</i>	9  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	10 Orange Chicken with Rice Cheese Quesadillas* <i>Get Healthy Salad Bar</i>	11 Meatloaf & Mashed Potatoes Bean Tamales* <i>Get Healthy Salad Bar</i>	12 Mini Chicken Tacos Cheese Lasagna* TGIF Fruit Icee Treat <i>Get Healthy Salad Bar</i>
15 Pop Corn Chicken <i>(Antibiotic Free Chicken)</i> Flautas* <i>Get Healthy Salad Bar</i>	16  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	17 Chicken Drumstick & Wedge Potatoes Cheese Pasta Shells* <i>Get Healthy Salad Bar</i>	18 Cheese Ravioli w/ Meat Balls Nacho Cheese Chips* <i>Get Healthy Salad Bar</i>	19 Cheese or Veggie Burger Bean Empanadas* TGIF Treat Frozen Yogurt <i>Get Healthy Salad Bar</i>
22 Pasta & Chicken & Creamy White Sauce Baked Potatoes & Fixings* <i>Get Healthy Salad Bar</i>	23  Cheese*, Vegetarian* Pepperoni, Hawaiian <i>Get Healthy Salad Bar</i>	24 Pulled Pork & Roll Cheese Quesadilla* <i>Get Healthy Salad Bar</i>	25 Chicken Burger Cheese Enchilada & Rice with Beans* <i>Get Healthy Salad Bar</i>	26 Chicken Tenders Nacho Bites* TGIF Fruit Icee Treat <i>Get Healthy Salad Bar</i>
29 Mini Corn Dog or Cheese Chalupa* <i>Get Healthy Salad Bar</i>	30  Cheese*, Vegetarian* Pepperoni, Hawaiian <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
Muffin & 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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Please keep meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.