



# Elementary Lunch

## October, 2018

01

A. Breaded Chicken  
Parmesan  
B. Corn Dog  
C. Baja Chicken Salad  
Sides:  
Peas & Carrots  
Fresh Tomatoes Wedges  
Fresh Apple  
Fresh Orange

02

A. Chicken Taco  
B. Grilled Cheese Sandwich  
C. Egg Chef Salad  
Sides:  
Sweet Golden Corn  
Fresh Cucumber Slices  
Fresh Banana  
Fresh Pear

03

A. Cheese Pizza  
B. Spicy Chicken Patty  
C. Buffalo Chicken Salad  
Sides:  
Steamed Carrots  
Celery Sticks  
Fresh Apple  
Fresh Watermelon

04

A. Chicken Nuggets  
B. T-Ham & Turkey Sub  
C. Winter Fruit Cheese Plate  
Sides:  
Chipotle BBQ Beans  
Fresh Baby Carrots  
Fresh Banana  
Fresh Pear

05

A. Pepperoni Pizza  
B. Hamburger on Bun  
C. Chicken Salad Platter  
Side:  
Romaine Salad  
Red Pepper Strips  
Fresh Apple  
Fresh Watermelon

08

No School

09

No School

10

Entrée:  
A. Cheese Pizza  
B. Turkey & Cheese Sandwich  
C. Chicken Caesar Salad  
Side:  
Steamed Green Peas  
Jicama Sticks  
Fresh Apple  
Fresh Watermelon

11

Entrée:  
A. Meatball Pizza Sub  
B. Chicken Nuggets  
C. All-American Cobb Salad  
Sides:  
Charro Black Beans  
Celery Sticks  
Fresh Banana  
Fresh Pear

12

Entrée:  
A. Cheese Pizza  
B. Mac & Cheese Pasta  
C. Popcorn Chicken Salad  
Sides:  
Steamed Broccoli  
Fresh Cucumber Slices  
Fresh Apple  
Fresh Watermelon

15

Entrée:  
A. Orange Popcorn Chicken  
w/ Broccoli & Lo Mein  
Noodles  
B. Grilled Cheese Melt  
C. Hummus Salad  
Sides:  
Steamed Zucchini  
Fresh Tomatoes Wedges  
Fresh Apple  
Fresh Orange

16

Entrée:  
A. Beef Nachos  
B. Turkey & Cheese SDW  
C. Bean Nacho Salad  
Sides:  
Steamed Corn  
Celery Sticks  
Fresh Banana  
Fresh Pear

17

Entrée:  
A. Cheese Pizza  
B. Chicken Nugget Potato Bowl  
C. Chicken Baja Salad  
Sides:  
Steamed Peas & Carrots  
Jicama Sticks  
Fresh Apple  
Fresh Watermelon

18

Entrée:  
A. Hot Dog on Bun  
B. Mac & Cheese w/Fish Sticks  
C. Egg Chef Salad  
Sides:  
Kickin' Pinto Beans  
Baby Carrots  
Fresh Banana  
Fresh Pear

19

Entrée:  
A. Pepperoni Pizza  
B. Chicken Nuggets  
C. Chicken Buffalo Salad  
Sides:  
Romaine Salad  
Fresh Cucumber Slices  
Fresh Apple  
Fresh Watermelon

22

Entrée:  
A. Sloppy Joe Melt  
B. Breaded Chicken Drumsticks  
C. Fruit Cube Salad  
Sides:  
Mashed Potato  
Fresh Broccoli  
Fresh Apple  
Fresh Orange

23

Entrée:  
A. Baked Potato  
B. Cheese Burger  
C. Chicken Platter Salad  
Side:  
Orange Glazed Carrots  
Fresh Zucchini  
Fresh Banana  
Fresh Pear

24

Entrée:  
A. Cheese Pizza  
B. Chicken Nuggets  
C. Tuna Platter Salad  
Sides:  
Steamed Green Peas  
Jicama Sticks  
Fresh Apple  
Fresh Watermelon

25

Entrée:  
A. Turkey Ham Melt  
B. Jumbo Cheese Ravioli Pasta  
W/ Marinara Sauce  
C. Turkey Chef Salad  
Side:  
Campfire Pinto Beans  
Fresh Baby Carrots  
Fresh Banana  
Fresh Pear

26

Entrée:  
A. Cheese Pizza  
B. Smoked Turkey  
C. Caesar Salad  
Sides:  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Fresh Watermelon

29

Entrée:  
A. Chicken Nuggets  
B. Turkey Ham Sandwich  
C. Chicken Caesar Salad  
Sides:  
Steamed Zucchini  
Fresh Baby Carrots  
Fresh Apple  
Fresh Orange

30

Entrée:  
A. Turkey Ham Melt  
B. Cheeseburger  
C. Turkey Ham Chef Salad  
Sides:  
Steamed Corn  
Fresh Celery Sticks  
Fresh Banana  
Fresh Pear

31

Entrée:  
A. Cheese Pizza  
B. Fish Patty  
C. Popcorn Chicken Salad  
Sides:  
Steamed Green Beans  
Jicama Sticks  
Fresh Apple  
Fresh Watermelon

### More Info...

To make a meal, student must select at least 1 serving of fruit or vegetable

A Parent/guardian of any student with a food allergy should feel free to contact the Food Service Director at: (708)484-5773

### More Info...

#### Whole Grain:

Dinner Rolls, Flatbread, Slice Bread, Soft Pretzel, Pasta & Rice

#### Condiment Selections:

Ketchup PC, Mustard PC, Ranch PC, Italian PC, BBQ Sauce PC

#### Milk Choice:

1% Fat Free Milk or Fat Free Chocolate Milk