



# October 2018 - Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<b>10-1</b> ** Bean & Cheese Pupusa Curtido Slaw -V ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V * Crinkle Cut Potatoes * Petite Baby Carrots - S * Fruit - S * Got Milk	<b>10-2</b> ** Pork Egg Rolls ** Deli Turkey & Cheese Sandwich ** Tuna Salad Plate * Pretzel Roll * Sweet Corn * Fresh Garden Salad * Frozen Juice Cup * Got Milk	<b>10-3</b> ** Zesty Beef Chalupa with Rice ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit * Got Milk	<b>10-4</b> ** Smokin' BBQ Rib Sandwich ** Turkey & Cheese Melt ** Chinese Chicken Salad * Aloha Roll - S * Waffle Fries * Kale Salad * Fruit Cup * Got Milk	<b>10-5</b> ** Tangerine Chicken & Fried Rice Bowl ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Broccoli Buds * Petite Baby Carrots - S * Frozen Juice Slush * Got Milk
<b>10-8</b> ** Whole Grain Deep Dish Cheese Pizza -V * Crunchy Tortilla Chips ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Got Milk	<b>10-9</b> ** Turkey Burger ** Yellow Submarine Sandwich ** Tuna Salad Plate * Pretzel Roll * Roasted Potato Wedges * Fresh Garden Salad * Frozen Juice Cup * Got Milk	<b>10-10</b> ** Philly Cheese Steak Sandwich ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit * Got Milk	<b>10-11</b> * Salisbury Steak with Gravy * Artisan Roll - S ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Fluffy Mashed Potatoes * Cucumber Coins * Fruit Cup * Got Milk	<b>10-12</b> ** Café LA Burger or Café LA Cheeseburger ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Fresh Garden Salad * Petite Baby Carrots - S * Frozen Juice Cup * Got Milk
<b>10-15</b> ** Cheesy Veggie Burger Sliders -V ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V * Waffle Fries * Petite Baby Carrots - S * Fruit - S * Got Milk	<b>10-16</b> * Oven Fried Chicken Drumstick * Corn Muffin ** Deli Turkey & Cheese Sandwich ** Tuna Salad Plate * Pretzel Roll * Fiesta Pinto Beans * Fresh Garden Salad * Frozen Juice Cup * Got Milk	<b>10-17</b> ** Teriyaki Beef Dipper Rice Bowl ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Broccoli Buds * Cucumber Salad * Fruit - S * Got Milk	<b>10-18</b> ** Mama's Meatball Sub ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Golden Hash Brown Patties * Petite Baby Carrots - S * Fruit Cup * Got Milk	<b>10-19</b> ** Whole Grain Rich Pepperoni Pizza ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Sweet Corn * Petite Baby Carrots - S * Frozen Juice Slush * Got Milk



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<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<b>10-22</b> ** Buffalo Calzone -V ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Fruit Juice ★ Got Milk	<b>10-23</b> ★ Chicken Tenders ★ Crispy Waffle ** Yellow Submarine Sandwich ** Tuna Salad Sandwich ★ Pretzel Roll ★ Roasted Potato Wedges ★ Cucumber Coins ★ Frozen Juice Cup ★ Got Milk	<b>10-24</b> ★ Taco Bean Dip ★ Crunchy Tortilla Chips ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	<b>10-25</b> ** Turkey Burger ** California Chicken Wrap ** Chinese Chicken Salad ★ Aloha Roll - S ★ Petite Baby Carrots - S ★ Fresh Garden Salad ★ Fruit - S ★ Got Milk	<b>10-26</b> ** Manager's Choice ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread ★ Fluffy Mashed Potatoes ★ Celery Sticks ★ Frozen Juice Cup ★ Got Milk
<b>10-29</b> ** Bean & Cheese Pupusa Curtido Slaw -V ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	<b>10-30</b> ** Pork Egg Rolls ** Deli Turkey & Cheese Sandwich ** Tuna Salad Plate ★ Pretzel Roll ★ Sweet Corn ★ Fresh Garden Salad ★ Frozen Juice Cup ★ Got Milk	<b>10-31</b> ** Zesty Beef Chalupa with Rice ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk		

**All of the Grain/Bread items served are Whole Grain Rich.**  
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat  
 ★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable  
 S: Items with an (S) can be saved for later  
 V: Vegetarian items  
 \*\*Farm Fresh Fruits: Apple, Orange, Banana