

Providence Schools K-5 Lunch Menu October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mexican Beef Tortilla w/ Salsa & Cheese or Asian Chicken Sub or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Baby Carrots Fresh Apple 1% or Fat Free Flavored Milk	2 Cheese Pizza Or Ham & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Roasted Italian Chickpeas Fresh Orange
5 Chicken Patty Sandwich or Turkey & Cheese Sandwich or BLT Popcorn Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Baby Carrots Pear Cup 1% or FF Flavored Milk	6 Italian Sub or BLT Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Local Grape Tomatoes Pineapple Tidbits 1% or FF Flavored Milk	7 Turkey & Cheese Sandwich or BLT Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Cucumber Slices w/ Ranch Fresh Orange Slices Cheez It Crackers 1% or FF Flavored Milk	8 Nacho Chips w/ Shredded Cheese & Salsa or BLT Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Corn Salsa Fresh Apple Goldfish Crackers 1% or FF Flavored Milk	9 Cheese Pizza or BLT Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Broccoli Florets Peach Cup Cinnamon Teddy Graham 1% or FF Flavored Milk
12 No School Columbus Day	13 Chicken Salad Sub w/ Lettuce or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Celery Sticks w/ dip Pineapple Cup Scooby Doo Graham 1% or Fat Free Flavored Milk	14 Fun on the Run or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Baby Carrots Fresh Melon Cubes Cheez-Its Crackers 1% or Fat Free Flavored Milk	15 Nacho Chips w/ Shredded Cheese & Salsa or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Corn Salsa Fresh Orange Slices Heartzel Pretzels 1% or Fat Free Flavored Milk	16 Cheese Pizza Or Antipasto Salad w/ Roll Sunbutter & Jelly Sandwich Local Grape Tomatoes Fresh Apple Slices Animal Crackers 1% or Fat Free Flavored Milk
19 Turkey & Cheese Sandwich or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Peach Cup Celery Sticks W/ Dip Cheez-Its Crackers 1% or Fat Free Flavored Milk	20 Ham & Cheese Sandwich Or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Mixed Fresh Fruit Cup Cucumber Slices w/ Ranch Goldfish Crackers 1% or Fat Free Flavored Milk	21 Fun on the Run or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Local Grape Tomatoes Fresh Melon Cubes Scooby Doo Grahmas 1% or Fat Free Flavored Milk	22 Nacho Chips w/ Shredded Cheese & Salsa OR Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Corn Salsa Fresh Apple Slices Heartzel Pretzels 1% or Fat Free Flavored Milk	23 Cheese Pizza or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Broccoli Florets Fresh Melon Cubes Cinnamon Teddy Grahams 1% or Fat Free Flavored Milk
26 Turkey & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Peach Cup Celery Sticks W/ Dip Cheez-Its Crackers 1% or Fat Free Flavored Milk	27 Ham & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Mixed Fresh Fruit Cup Cucumber Slices w/ Ranch Goldfish Crackers 1% or Fat Free Flavored Milk	28 Fun on the Run or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Local Grape Tomatoes Fresh Melon Cubes 1% or Fat Free Flavored Milk	29 Nacho Chips w/ Shredded Cheese & Salsa or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Corn Salsa Fresh Apple Slices Heartzel Pretzels 1% or Fat Free Flavored Milk	30 Cheese Pizza or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Broccoli Florets Applesauce Scooby Doo Grahams 1% or Fat Free Flavored Milk