



October 2018

VIP LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fall break School Closed October 1st – 5th</p>		<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, MUST Be Fruit or Vegetable</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p> 	<p>All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.</p>
<p>8 <u>Meat & Grain</u> Chicken Patty</p> <p>American Sub</p>	<p>9 <u>Meat & Grain</u> Chicken Alfredo Pasta</p> <p>Sun Butter & Jelly Sandwich</p>	<p>10 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes & Turkey Sausage Patties Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>11 <u>Meat & Grain</u> Pepperoni Pizza</p> <p>Whole Grain Chicken Corn Dog</p>	<p>12 <u>Meat & Grain</u> Orange Chicken over Steamed Brown Rice</p> <p>Hamburger</p>
<p><u>Vegetable / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Tater Tots Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>
<p>15 <u>Meat & Grain</u> Chicken Nuggets w/Mac & Cheese</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>16 <u>Meat & Grain</u> Pasta & Meatballs w/Marinara Sauce</p> <p>Cheeseburger</p>	<p>17 <u>Meat & Grain</u> Beef Taco / with lettuce/tomato/cheese</p> <p>American Sub</p>	<p>18 <u>Meat & Grain</u> Chicken Nuggets & Whole Grain Waffles</p> <p>BBQ Riblet Sandwich</p>	<p>19 <u>Meat & Grain</u> Sesame Ginger Chicken w/Pasta</p> <p>Turkey Hot Dog</p>
<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>22 <u>Meat & Grain</u> Cheese Pizza</p> <p>Italian Sub</p>	<p>23 <u>Meat & Grain</u> Chicken Nuggets w/Dinner Roll</p> <p>Sun Butter & Jelly Sandwich</p>	<p>24 <u>Meat & Grain</u> Cheese Enchiladas</p> <p>Trix Yogurt, String Cheese, Scooby Doo Grahams</p>	<p>25 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Turkey Hot Dog</p>	<p>26 <u>Meat & Grain</u> Whole Grain Bean & Cheese Burrito</p> <p>Chicken Patty Sandwich</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>29 <u>Meat & Grain</u> Whole Grain Chicken Corn dog</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>30 <u>Meat & Grain</u> Pepperoni Pizza</p> <p>Cheeseburger</p>	<p>Happy Halloween</p> <p>31 <u>Meat & Grain</u> Turkey Hot Dog</p> <p>Italian Sub</p>	<p>Our menu is Trans Fat Free!</p> <p>Items are baked or grilled NEVER Deep Fried.</p> 	<p>Nutritional information is available at the Food Service Office.</p>
<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>		<p>Menu Subject to Change Without Notice</p>

**October 15th – 19^h is
National School Bus
Safety Week!**



DYK – OCTOBER IS;



NATIONAL PIZZA MONTH
NATIONAL POPCORN POPPING MONTH!
OCTOBER 26th IS NATIONAL PUMPKIN DAY!



“This institution is an equal opportunity provider.”