



October



This Institution is an equal opportunity provider

LUNCH MEAL PRICES

October 2018:	
DAILY 1-8	\$2.40
MONTHLY	\$50.40
REDUCED	\$ 40
MONTHLY	\$ 8.40
MILK, VARIETIES	\$.45
ADULTS	\$3.50

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p><u>ALL BEEF HOT DOG</u></p> <p>CARROT STICKS SLICED APPLES FRENCH FRIES MILK - Variety</p>	<p>2</p> <p><u>CHICKEN TACO</u></p> <p>CORN SPANISH RICE WATERMELON CHUNKS CHILURO MILK - Variety</p>	<p>3</p> <p>BRUNCI FOR LUNCH <u>SAUSAGE PANCAKE ON A STICK</u></p> <p>TATER TOTS PEARS CELERY STICKS MILK - Variety</p>	<p>4</p> <p><u>CHEESE PIZZA</u></p> <p>SALAD W/RANCH PNEAP PLE CHUNKS GO-GURTYOGURT MILK - Variety</p>	<p>5</p> <p><u>TURKEY W/CHEESE SUB SANDWCH</u></p> <p>PEACHES POTATO CHIPS LETTUCE, TOMATO & PICKLE CHOCOLATE CHIP COOKIE MILK - Variety</p>	<p>Cal 740 T.Fat 28.14 G S.Fat 7.4 G Chol 54.8 Mg Sodium 1325.08 Mg Carb 104.87 G Fiber 9.8 G Prot 28.03 G</p>
<p>8</p> <p><u>BACON CHEESEBURGER</u></p> <p>LETTUCE, TOMATO & PICKLE FRUIT COCKTAIL POTATO WEDGES MILK - Variety</p>	<p>9</p> <p><u>SPAGHETTI AND MEAT SAUCE</u></p> <p>SALAD W/RANCH APRICOTS BREADSTICK MILK - Variety</p>	<p>10</p> <p><u>WAFFLE'S & CHICKEN</u></p> <p>MAPLE SYRUP HASH BROWNS BANANAS CELERY STICKS MILK - Variety</p>	<p>11</p> <p><u>CHEESE PIZZA</u></p> <p>SALAD W/RANCH PNEAPPLE CHUNKS GO GURTYOGURT MILK - Variety</p>	<p>12</p> <p><u>TURKEY & ROASTBEEF W/CHEESE SUB SANDWCH</u></p> <p>PEACHES B90 POTATO CHIPS LETTUCE, TOMATO & PICKLE SUGAR COOKIES MILK - Variety</p>	<p>Cal 871 T.Fat 38.87 G S.Fat 10.8 G Chol 77.9 Mg Sodium 1712.23 Mg Carb 127.81 G Fiber 10.4 G Prot 35.23 G</p>
<p>15</p> <p><u>CHICKEN NOODLE SOUP</u></p> <p>SALTINE CRACKERS BREAD STICK CELERY STICKS APPLE SLICES MILK - Variety</p>	<p>16</p> <p><u>CRISPY CHICKEN SANDWCH</u></p> <p>LETTUCE, TOMATO & PICKLE FRENCH FRIES MANDARIN ORANGES MILK - Variety</p>	<p>17</p> <p><u>PANCAKES SANDWCH WITH TURKEY SAUSAGE</u></p> <p>FRUIT COCKTAIL CELERY STICKS HASH BROWNS MILK - Variety</p>	<p>18</p> <p>NO SCHOOL SCHEDULED</p> <p>FALL BREAK</p>	<p>19</p> <p>NO SCHOOL SCHEDULED</p> <p>FALL BREAK</p>	<p>Cal 889 T.Fat 33.97 G S.Fat 7.0 G Chol 88.0 Mg Sodium 1238.98 Mg Carb 115.88 G Fiber 10.0 G Prot 31.80 G</p>
<p>22</p> <p><u>CHICKEN NUGGETS</u></p> <p>MASHED POTATOES W/ GRAVY PEACHES CELERY STICKS MILK - Variety</p>	<p>23</p> <p><u>BEEF SOFT TACOS</u></p> <p>CORN REFRIED BEANS PEACHES Churro MILK - Variety</p>	<p>24</p> <p><u>FRENCH TOAST STICKS</u></p> <p>PEACHES CELERY STICKS HASH BROWNS SAUSAGE MILK - Variety</p>	<p>25</p> <p><u>CHEESE PIZZA</u></p> <p>SALAD W/RANCH PINEAPPLE CHUNKS GO GURTYOGURT MILK - Variety</p>	<p>26</p> <p><u>ROAST BEEF HOAGIE</u></p> <p>LETTUCE, TOMATO & PICKLE APRICOTS POTATO CHIPS SUN CHIPS SNICKER DOODLE COOKIE MILK - Variety</p>	<p>Cal 1038 T.Fat 35.81 G S.Fat 10.2 G Chol 87.3 Mg Sodium 1744.78 Mg Carb 148.11 G Fiber 15.2 G Prot 38.48 G Iron 6.82 Mg</p>
<p>29</p> <p><u>BEEF & CHICKEN TAQUITO'S</u></p> <p>CORN SPANISH RICE MANDARIN ORANGES MILK - Variety</p>	<p>30</p> <p><u>FRITO PIE</u></p> <p>CORN BREAD W/HONEY BUTTER CARROT STICKS APRICOTS MILK - Variety</p>	<p>31</p> <p><u>BAT CHICKEN WINGS & LEGS</u></p> <p>SWEET POTATO FRIES MANDARIN ORANGES SUGAR FROSTED COOKIES CARROT STICKS MILK - Variety</p>	<p>Menu Subject To Change Without Notice</p>		<p>Cal T.Fat S.Fat Chc Sod Carb Fibe Prot</p>