

October 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 grilled cheese sandwiches (2 sl wg bread & 1.5o cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c)</p>	<p>2 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) cucumbers (1/4 c) 1% milk (3/4 c)</p>	<p>3- turkey dog on bun (1 full) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)</p>	<p>4 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)</p>	<p>5 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/4 c)</p>
<p>8 Holiday No School</p>	<p>9 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)</p>	<p>10 shoyu chicken (& 1.5 oz) Hapa rice (1/2 c) Peaches (1/4 c) Broccoli (1/4 c) 1% milk (3/4 c)</p>	<p>11 fish sticks (3 pieces) Hapa rice (1/2 c) Applesauce (1/4c) Corn (1/4c) 1% milk (3/4c)</p>	<p>12 – sloppy joes (1/2 c meat sauce & bun) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)</p>
<p>15 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) Cucumbers (1/4c) 1% milk (3/4c)</p>	<p>16 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)</p>	<p>17 beef & bean chili (1/2 c) Hapa rice (1/2 c) Pears (1/4 c) Corn (1/4c) 1% milk (3/4c)</p>	<p>18 taco salad (1oz beef, ½ oz cheese, 1/4c lettuce & cabbage) Peaches (1/4c) slice of wheat bread 1% milk (3/4c)</p>	<p>19 hamburger (2.25oz) on bun Pears (1/4c) green beans (1/4c) 1% milk (3/4c)</p>
<p>22 -PB&J sandwiches (2sl. wg bread 1 ½ oz turkey) Pears (1/4c) Carrots (1/4c) 1% milk (3/4c)</p>	<p>23 pork & beans (1/2c) Hapa rice (1/2c) Peaches (1/4c) green beans (1/4c) 1% milk (3/4c)</p>	<p>24 hamburger & veggie stew (1.5 oz patty) Hapa rice (1/2 c) Pears (1/4 c) Mixed veggies (1/4 c) 1% milk (3/4 c)</p>	<p>25 beef stroganoff (1/2c meat sauce 1/2c pasta) Applesauce (1/4c) Corn (1/4c) 1% milk (3/4c)</p>	<p>26 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)</p>
<p>29 turkey sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) Cucumbers (1/4c) 1% milk (3/4c)</p>	<p>30 salisbury steak& gravy (2.25oz) Hapa rice (1/2 c) Pears (1/4c) green beans (1/4c) 1% milk (3/4c)</p>	<p>31 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/ 4 c)</p>		

This menu is subject to change based upon the availability of products.

Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

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