

October 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)	2 Fish Burger (1.5oz) on bun peaches (1/4c) cucumbers (1/4c) 1% milk (3/4c)
5 grilled cheese sandwiches (2 sl wg bread & 1.5o cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c)	6 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	7 Chicken & broccoli chow mein (2.25oz meat & 1/4c veggie) Chow mein noodles (1/2 c) Applesauce(1/4c) 1% milk (3/4c)	8 salisbury steak & gravy(2.25oz) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)	9 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
12 Holiday No School	13 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	14 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	15 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	16 turkey dog (1.5oz) on bun oranges (1/4c) corn (1/4c) 1% milk (3/4c)
19 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C)	20 beef stroganoff (1/2c meat sauce 1/2c pasta) peaches (1/4c) green beans (1/4c) 1% milk (3/4c)	21 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	22 pork & beans (1/2c) Hapa rice (1/2c) Pears (1/4c) broccoli (1/4c) 1% milk (3/4c)	23 Hamburger (1.5oz) on bun Pears (1/4c) corn (1/4c) 1% milk (3/4c)
26 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers (1/4c) 1% milk (3/4c)	27 beef & bean chili (1/2 c) Hapa rice (1/2 c) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	28 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4c) Green beans (1/4c) 1% milk (3/4c)	29 taco salad (1oz grnd beef, ½ oz cheese, ¼ cup lettuce & cabbage) oranges (1/4 c) Slice of wheat bread 1% milk (3/4c)	30 sloppy joes (1/2 c meat sauce & bun) Pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)

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