

October-2014

SchoolFood FEED YOUR MIND

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roasted Chicken MGR Choice Sauce Served with Rice Strawberry Fruit Cup Roasted Tofu Option Eat Your Colors Kid Friendly Kale Salad Souper Beans National Kale Day	2 Grilled Chicken Dippers Dipping Sauces Toasty Bread Stick Eat Your Colors Broccoli Trees	3 Pizza Slice French Bread Pizza Garden Fresh Topping Eat Your Colors Fresh Tomato Salad
6 Sweet and Sour Crispy Chicken Sandwich Cookie Treat Eat Your Colors Green Beans	7 Sloppy Joe Sandwich Wild Cherry Fruit Juice Ice Eat Your Colors Sweet Potato Wedges	8 Mozzarella Sticks Marinara Sauce Pasta Side Eat Your Colors Super Hero Spinach	9 Chicken Quesadillas Veggie Quesadillas Served with Salsa Eat Your Colors Tangy Corn off the Cob	10 Pizza Slice Bagel Pizza Grilled Chicken Topping Eat Your Colors Green Garden Salad Chickpea Salad
13 Cheese Burger Deluxe Toppings Eat Your Colors Black Bean Salsa Columbus Day	14 Chicken Tenders BBQ Dipper Eat Your Colors Wedge Cut Fries	15 Sliced Turkey Country Gravy Buttermilk Biscuit Strawberry Pomegranate Fruit Juice Ice Eat Your Colors Orange Roasted Carrots Mashed Potatoes	16 Teriyaki Chicken and Broccoli Steamed Rice Educational Snack Eat Your Colors Crispy Egg Roll Duck Sauce	17 Pizza Slice French Bread Pizza Garden Fresh Topping Eat Your Colors Green Garden Salad
20 Honey Mustard Crispy Chicken Sandwich Peach Fruit Cup Eat Your Colors Roasted Sweet Potatoes	21 Cool Crunchy Tacos Chicken OR Beef Mix and Match Toppings Cookie Treat Eat Your Colors Black Bean Salsa	22 Mozzarella Sticks Marinara Sauce Pasta Side Eat Your Colors Zucchini Coins	23 Grilled Chicken Dippers Dipping Sauces Fritolay @ SunChips ® Eat Your Colors Tangy Corn off the Cob	24 Pizza Slice Bagel Pizza Garden Fresh Topping Falafel Wrap with Go Green Sauce Fresh Apples Eat Your Colors Kid Friendly Kale Salad World Food Day
27 Cheese Ravioli Marinara Sauce Educational Snack Eat Your Colors Green Beans	28 Burger Sliders Deluxe Toppings Grilled Cheese Sandwich Eat Your Colors Baked French Fries	29 Chicken Tenders Ranch Dipper Served with Rice Eat Your Colors Sofrito Beans	30 BBQ Roasted Chicken with Corn Bread Eat Your Colors Broccoli Trees	31 Pizza Slice French Bread Pizza Bacon OR Sausage Topping Eat Your Colors Fresh Tomato Salad Green Garden Salad

Offered Daily : Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches

Flavor Station : Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano

Burger Condiments : Ketchup, Mustard, Mayonnaise Dipping Sauces : Ketchup, Honey Mustard, Mayo, Duck Sauce, Thai Chili Sauce

Dressings : Asian Sesame, Balsamic, Chipotle Ranch, Ranch, French, Honey Mustard, Lite Italian

Menu is Subject to Change

K-8 Lunch Menu

