

October 2019

Peanut butter and jelly sandwiches are offered everyday as an alternative and contain whole wheat bread and no high fructose corn syrup.
 Lunch costs \$2.85. Single milk is 65 cents. Additional slices of pizza are 1.75.
 Single PBJs are 1.25 These items are not covered under approved Free/Reduced lunch applications.
 Every meal includes a fruit option and option of chocolate skim or 1% milk.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Cheese Pizza Roasted Veggies Marinara Dipping Sauce Fresh Fruit Selection "The Best" Salad Bar	2 Beef Fajitas Roasted Veggies Whole Wheat tortilla Fresh Fruit Selection "The Best" Salad Bar	3 NO SCHOOL	4 NO SCHOOL	5
6	7 Chicken Nuggets Mashed Potatoes Green Beans Sliced Peaches "The Best" Salad Bar	8 Cheese Pizza Roasted Veggies Marinara Dipping Sauce Fresh Fruit Selection "The Best" Salad Bar	9 Buttermilk Pancakes Scrambled Eggs Yogurt Fresh Fruit "The Best" Salad Bar	10 Chicken Pesto Whole Grain Pasta Fruit Cup "The Best" Salad Bar	11 Beef Cheeseburger Whole Wheat Bun Lettuce and Tomato Fruit Cup "The Best" Salad Bar	12
13	14 Chicken and Black Bean Nachos Fruit Cup "The Best" Salad Bar	15 Cheese Pizza Roasted Veggies Marinara Dipping Sauce Fresh Fruit Selection "The Best" Salad Bar	16 French Toast Sticks Chicken Sausage Homestyle Potatoes Applesauce "The Best" Salad Bar	17 Tomato Soup Cheese Quesadillas Seasonal Fruit "The Best" Salad Bar	18 Crispy Chicken Sanwich Whole Wheat Bun Lettuce and Tomato Fruit Cup "The Best" Salad Bar	19
20	21 Orange Chicken Cilantro & Green Onion Brown Rice Applesauce "The Best" Salad Bar	22 Cheese Pizza Roasted Veggies Marinara Dipping Sauce Fresh Fruit Selection "The Best" Salad Bar	23 Beef Fajitas Roasted Veggies Whole Wheat tortilla Fresh Fruit Selection "The Best" Salad Bar	24 NO SCHOOL	25 NO SCHOOL	26
27	28 Chicken Nuggets Mashed Potatoes Green Beans Sliced Peaches "The Best" Salad Bar	29 Cheese Pizza Roasted Veggies Marinara Dipping Sauce Fresh Fruit Selection "The Best" Salad Bar	30 Buttermilk Pancakes Scrambled Eggs Yogurt Fresh Fruit "The Best" Salad Bar	31 Chicken Pesto Whole Grain Pasta Fruit Cup "The Best" Salad Bar		

Menu is subject to change.

"This institution is an equal opportunity provider."