



**OCTOBER  
LUNCH MENU**

Sun	Mon	Tue		Thu	Fri	Sat
2	3 Chicken Nuggets Tater Tots Cucumber w/dip Apple Slices Milk	4 Spaghetti w/Meat sauce Garlic Bread Salad Peaches Milk	5 Hot Dog w/bun Broccoli w/dip Pears Milk	6 "Lunchables" Ham orTurkey/Cheese/Ritz Peas Pineapple Milk	7 <b>MVE HOT LUNCH</b> Chicken Burger  Carrots w/dip Blueberries Milk	8
9	10 Meatballs White Rice Green Beans Applesauce Milk	11 Ham & Cheese Sandwich  Carrots w/dip Grapes Milk	12 Baked Chicken Chicken Rice Broccoli w/dip Mandarin Oranges Milk	13 Fish Sticks Tater Tots Mixed Veggies Peaches Milk	14 <b>MVE HOT LUNCH</b> Pizza  Corn Strawberries Milk	15
16	17 Chicken Nuggets Tater Tots Cucumber w/dip Apple Slices Milk	18 Spaghetti w/Meat sauce Garlic Bread Salad Peaches Milk	19 Bean & Cheese Burrito Broccoli w/dip Pears Milk	20 <b>In-Service Day</b> "Lunchables" Ham orTurkey/Cheese/Ritz Peas Pineapple Milk	21 <b>In-Service Day</b> Taqitos  Carrots w/dip Blueberries Milk	22
23	24 Meatballs White Rice Green Beans Applesauce Milk	25 Ham & Cheese Sandwich  Carrots w/dip Grapes Milk	26 Baked Chicken Chicken Rice Broccoli w/dip Mandarin Oranges Milk	27 Fish Sticks Tater Tots Mixed Veggies Peaches Milk	28 <b>MVE HOT LUNCH</b> Pizza  Corn Strawberries Milk	29
30	31 Chicken Nuggets Tater Tots Cucumber w/dip Apple Slices Milk	<b>Nov-1</b> Spaghetti w/Meat sauce Garlic Bread Salad Peaches Milk	<b>Nov-2</b> Hot Dog w/bun Broccoli w/dip Pears Milk	<b>Nov-3</b> "Lunchables" Ham orTurkey/Cheese/Ritz Peas Pineapple Milk	<b>Nov-4 Conference Day</b> Corn Dog  Carrots w/dip Blueberries Milk	5

**Menu Substitutions are the parents responsibility**  
**\*WE ARE A NUT FREE FACILITY\***  
**If the parent does not provide an alternative we will supplement as follows:**  
 Milk=Juice/water      Cheese=will not include in food item or meat substitution

**SNACKS  
(AM & PM will be on 2 week rotation)**

**AM Snack served at 9:30 w/Milk**

Monday	Blueberry Muffin or Apple Crumb Muffin
Tuesday	Vanilla Wafers & Banana or Cereal mix
Wednesday	Gogurt & Graham Crackers or Oats & Honey Granola Bar
Thursday	Cereal Bar or Animal Crackers
Friday	or Chocolate Chip Cookie Graham crackers and oranges

**PM Snack served at 3:30 w/Juice**

Monday	Jello w/fruit & Water or Carrots w/dip & Club Cracker
Tuesday	Chips & Salsa or Rice Krispy Treat
Wednesday	String Cheese & Ritz Crackers or Wheat Thins & Fruit
Thursday	Fish Crackers and Grapes or Veggies & Dip with crackers
Friday	Pretzels and Fruit or Cheese-n-Crackers

**Late PM Snack served at 5:00 w/water**

Monday	Fruit Cup or Gogurt
Tuesday	Fruit Snacks & Saltines or Cheezits
Wednesday	Fish Crackers or String cheese and crackers
Thursday	Gogurt & Graham Crackers or Apples
Friday	Popcorn with water or juice

**FOODS & PORTION  
SIZES CHART**  
 Posted on Parent Board