


OCTOBER 2019

ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Milk Lochmead Dairy All milk served is 1% or non-fat flavored or unflavored milk. </div>	1 Bagel w/Cream Cheese Pears #1 Meaty Spaghetti w/Veggie Sauce & French Bread #2 Deli Ham & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich	2 Freshly Baked Fruit Bread Applesauce #1 *French Toast Sticks w/Berry Patch Smoothie #2 Rice w/Cheese (*Arroz con Queso) #3 *Peanut Butter & Jelly Sandwich	3 Biscuit Raisins #1 *3 Bean Chili w/Cornbread #2 Chicken Tenders w/Dinner Roll #3 *Peanut Butter & Jelly Sandwich	4 Freshly Baked Maple Roll Fruit #1 Southwest Nacho Bar #2 *Homemade Local Veggie Burger #3 *Peanut Butter & Jelly Sandwich
7 Apple Delight Apple Juice #1 Mac & Cheese w/Chicken Mega Bites #2 Deli Turkey & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich	8 Benefit Bar Mixed Fruit #1 Hawaiian Pork w/Roll & Macaroni Salad #2 *Cheesy Garlic Bread w/Marinara #3 *Peanut Butter & Jelly Sandwich	9 Freshly Baked Pumpkin Cranberry Bar Banana #1 Weiner Wrap #2 Chicken Pot Pie #3 *Peanut Butter & Jelly Sandwich	10 Freshly Baked Breakfast Round Orange Wedges #1 *Bean & Cheese Burrito #2 Flat Bread Pizza w/Roasted Veggies #3 *Peanut Butter & Jelly Sandwich	11 NO SCHOOL
14 Buttermilk Bar Orange Juice #1 Chicken Patty Sandwich #2 Hot Italian Sandwich #3 *Peanut Butter & Jelly Sandwich	15 Bagel w/Cream Cheese Orange Wedges #1 *Toasted Cheese Sandwich #2 Flat Bread Pizza – BBQ Chicken #3 *Peanut Butter & Jelly Sandwich	16 Blueberry Muffin Banana #1 Pancakes w/Pork Sausage Links #2 Vegetable Beef Soup w/Cheesy Bread #3 *Peanut Butter & Jelly Sandwich	17 Mini Breakfast Bites Peaches #1 *Cheesy Quesadilla #2 Tangy Hot Chicken Sandwich #3 *Peanut Butter & Jelly Sandwich	18 NO SCHOOL
21 Apple Delight Apple Juice #1 Hamburger #2 Chicken Fajita Rice Bowl w/Beans #3 *Peanut Butter & Jelly Sandwich	22 Croissant w/Cream Cheese Orange Wedges #1 Chicken Pozole w/Breadstick #2 *Enchiladas #3 *Peanut Butter & Jelly Sandwich	23 Yogurt & Granola Blueberries #1 Handmade Pepperoni Pizza #2 Handmade Cheese/Veggie Pizza #3 *Peanut Butter & Jelly Sandwich	24 Breakfast Round Applesauce #1 *Toasted Cheese Sandwich #2 Salisbury Steak w/Mashed Potatoes & Biscuit #3 *Peanut Butter & Jelly Sandwich	25 Freshly Baked Cinnamon Roll Fruit #1 *Moo Lunch (Yogurt w/String Cheese & Crackers) #2 Turkey & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich
28 Buttermilk Bar Orange Juice #1 Pork Taco w/Tortilla Chips #2 Chicken Patty Sandwich #3 *Peanut Butter & Jelly Sandwich	29 Bagel w/Cream Cheese Pears #1 Meaty Spaghetti w/Veggie Sauce & French Bread #2 Deli Ham & Cheese Sandwich #3 *Peanut Butter & Jelly Sandwich	30 Freshly Baked Fruit Bread Applesauce #1 *French Toast Sticks w/Berry Patch Smoothie #2 Rice w/Cheese (*Arroz con Queso) #3 *Peanut Butter & Jelly Sandwich	31 Biscuit Raisins #1 *3 Bean Chili w/Cornbread #2 Chicken Tenders w/Dinner Roll #3 *Peanut Butter & Jelly Sandwich	LOCHMEAD Variety Low Fat Milk Served With Every Meal  <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 10px;"> Eat Breakfast For a GREAT START </div>

~ Menu Subject to Change ~

This institution is an equal opportunity provider.

9/11/2019 9:54 AM