

## October 2017 ~ Lunch Menu

<b>Menu Subject to Change</b> <b>We try to have all choices available to all students at all times. However, there may be occasions when choices may be limited.</b>		Regular Lunch Price \$3.75 Reduced Lunch Price \$0.40 Available Every Day: Peanut Butter & Jelly or American Cheese Sandwich							
2	Choice 1: Chicken Nuggets/WW Bread BBQ Sauce Dip Choice 2: Yogurt, Cheese & Breadstick Choice 3: Turkey & Cheese Hero ½ c. Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk	3	Choice 1: Hamburger/Cheeseburger on WW Bun Choice 2: Chicken Wrap WW Wrap Choice 3: Tuna Salad/WW Roll ½ c. Oven Fries ½ c. Broccoli ½ cup Chilled Fruit, 8 oz. Milk	4	Choice 1: Cheese Pizza or Pepperoni Pizza Choice 2: Yogurt, Cheese Lunch Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk	5	Choice 1: All Beef Hot Dog on WW Bun Choice 2: Hamburger on WW Bun Choice 3: Ham Sandwich on WW ½ c Baked Beans ½ c Chilled Fruit, 8 oz. Milk	6	Choice 1: Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato , ½ c Brown Rice Choice 2: Grilled Cheese Sand. Choice 3: It Combo WW Hero ½ c Corn ½ cup Chilled Fruit, 8 oz.
9	Columbus Day School Closed	10	Choice 1: Italian Dunkers Choice 2: Yogurt, Cheese & Breadstick Choice 3: Turkey & Cheese Hero ½ cup Marinara Sauce ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk	11	Choice 1: Hamburger/Cheeseburger on WW Bun Choice 2: Chicken Patty on WW Bun Choice 3: Turkey & Cheese Hero ½ c. Broccoli ½ c Oven Sweet Potato Fries ½ cup Chilled Fruit, 8 oz. Milk	12	Choice 1: Cheese Pizza or Pepperoni Pizza Choice 2: Yogurt, Cheese Lunch Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk	13	Choice 1: Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato , ½ c Brown Rice Choice 2: Grilled Cheese on WW Choice 3: It Combo WW Hero ½ c. Black Beans; ½ c Corn ½ cup Chilled Fruit, 8 oz. Milk
16	Choice 1: Chicken Nuggets/WW Bread BBQ Sauce Dip Choice 2: Yogurt, Cheese & Breadstick Choice 3: Turkey & Cheese Hero ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk	17	Choice 1: French Toast Sticks or Pancakes with Sausage Choice 2: Grilled Cheese on WW Bread Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk	18	Choice 1: Hamburger/Cheeseburger on WW Bun Choice 2: Chicken Patty on WW Bun Choice 3: Turkey & Cheese Hero ½ c Broccoli ½ c Oven Potato Puffs ½ cup Chilled Fruit, 8 oz. Milk	19	Choice 1: Cheese Pizza or Pepperoni Pizza Choice 2: Yogurt, Cheese & Breadstick Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk	20	Choice 1: Chicken & Gravy Bowl Served over Whipped Potato Alt: Ham & Cheese Melt Alt: Bologna & Cheese Hero ½ c Corn ½ cup Chilled Fruit, 8 oz. Milk
23	Choice 1: Hamburger/Cheeseburger on WW Bun Choice 2: Chicken Patty on WW Bun Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk	24	Choice 1: Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato , ½ c Brown Rice Choice 2: Grilled Cheese Sand. Choice 3: It Combo WW Hero ½ cup Seasoned Black Beans ½ cup Chilled Fruit, 8 oz.	25	Choice 1: All Beef Hot Dog on WW Bun Choice 2: Hamburger on WW Bun Choice 3: Ham Sandwich on WW ½ c Italian Mixed Vegetable ½ c Chilled Fruit, 8 oz. Milk	26	Choice 1: Cheese Pizza or Pepperoni Pizza Choice 2: Yogurt, Cheese & Breadstick Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk	27	Choice 1: French Toast Sticks with Sausage Choice 2: Grilled Cheese on WW Bread Choice 3: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk
30	Choice 1: All White Meat Chicken Nuggets/WW Bread BBQ Sauce Dip Choice 2: Yogurt, Cheese & Breadstick Choice 3: Turkey & Cheese Hero ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk	31	Choice 1: Hamburger/Cheeseburger on WW Bun Choice 2: Chicken Wrap WW Wrap Choice 3: Tuna Salad/WW Roll ½ c. Oven Fries ½ c. Broccoli ½ cup Chilled Fruit, 8 oz. Milk Trick or Treat						