



# October 2011 Lunch Menu USD #287

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p>3 Taco Salad made w/ <u>WG</u> Corn Tortilla Chips (C) Mexican Rice Refried Beans Strawberries &amp; Bananas (C) Apricots (A)</p>	<p>4 Chicken &amp; Noodles Mashed Potatoes Green Beans Carrot Sticks (A) Pineapple (C) <u>Whole Wheat</u> Hot Roll &amp; Jelly</p>	<p>5 Shrimp Poppers Cheese Stick Peas Cucumber w/ dip Orange Wedges (C) Fruit Cocktail (A) Oatmeal Muffin Squares (WW)</p>	<p>6 Pig In a Blanket (WW) Sunchips (WG) Tossed Salad (A&amp;C) Broccoli &amp; Cheese (A&amp;C) Peaches (A) Rosey Applesauce</p>	<p>7 Hamburger on a <u>Whole Wheat</u> Bun Lettuce &amp; Tomato (C) Sweet Potato Fries (A&amp;C) Grapes Pears Chocolate Cake</p>
<p>10 NO SCHOOL</p>	<p>11 Three Meat Pizza (WG) Garden Salad (A&amp;C) Carol's Carrots Fresh Kiwi (C) Cherry Crisp (C)</p>	<p>12 Hot Ham &amp; Cheese Buns (WW) Sweet Potato Puffs (A&amp;C) Seasoned Peas Apple Wedges Peaches (A) Granola Round (WG)</p>	<p>13 Chicken Strips Mashed Potatoes &amp; Gravy Fresh Broccoli, Cauliflower &amp; Dip (A&amp;C) Green Beans Banana <u>Whole Wheat</u> Roll &amp; Jelly</p>	<p>14 NO SCHOOL</p>
<p>17 Macaroni &amp; Cheese w/Smokies Tossed Salad (A&amp;C) Corn Pears Strawberries &amp; Bananas (C) <u>Whole Wheat Bread</u> &amp; Jelly</p>	<p>18 Hot Chicken Sandwich (WW) Oven Fries Carrot Sticks (A) Green Beans Pineapple (C) Graham Crackers (WG)</p>	<p>19 Early Dismissal <b>Bus Driver Appreciation Day</b> Beef and Bean Burrito w/Cheese Tortilla Chips (WG) &amp; salsa (C) Tossed Salad (A&amp;C) Apricots (A) Cinnamon Apples Bus Cookies</p>	<p>20 NO SCHOOL</p>	<p>21 NO SCHOOL</p>
<p>24 Country Fried Steak Mashed Potatoes &amp; Gravy California Blend Vegetables (A&amp;C) Apple Wedges Sliced Pears Hot Roll (WG) &amp; Jelly</p>	<p>25 Sausage Pizza Tossed Salad w/Romaine (A&amp;C) Rosey Applesauce Peaches (A) <u>Whole Wheat</u> Garlic Bread Stick w/ Marina Sauce (C)</p>	<p>26 Chili (C) <u>Whole Grain</u> Corn Chips Celery &amp; Cucumbers Corn Mandarin Oranges (A&amp;C) <u>Whole Wheat</u> Cinnamon Roll</p>	<p>27 <u>Whole Grain</u> Corn Dog Green Pepper Strips (C) Fresh Baby Carrots (A) Cinnamon Apples Fruit Cocktail Rice Krispy Treats</p>	<p>28 Soft Tacos Lettuce &amp; Tomato (C) Black Bean &amp; Corn Salsa w/<u>Whole Grain</u> Tortilla Chips Grapes Apricots (A)</p>
<p>31 Halloween Scared Straight Chicken Nuggets Monster Mashed Potatoes &amp; Gravy Boo! Broccoli &amp; Dip (A&amp;C) Pierced Pineapple (C) Potion Packed Pumpkin Cake (A) Batty Biscuits <u>(WG)</u> &amp; Jelly</p>		<p>All menus served with choice of milk: 1%, chocolate or strawberry. Our homemade bread is whole wheat. "C" denotes vitamin C content "A" denotes vitamin A content "WG" denotes whole grain We try to offer 4 choices of vegetables/ fruits daily, and some type of fresh produce daily.</p>		