


# October 2018: Pre-K – 8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Ground Beef & Macaroni  <b>Baked Beans</b> <b>Fruit</b> <b>Milk</b>	<b>2</b> Chicken Quesadilla  <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>3</b> Grilled Cheese  <b>Crunchy carrots</b> <b>Fruit</b> <b>Milk</b>	<b>4</b> Spaghetti & Meatballs  <b>Broccoli</b> <b>Fruit- Chef's Choice</b> <b>Milk</b>	<b>5</b> Chicken Nuggets  <b>French Fries</b> <b>Fruit Ice</b> <b>Milk</b>
<b>8</b>  Columbus Day	<b>9</b> Macaroni and Cheese <b>Broccoli</b> <b>Sweet Potatoes</b> <b>Fruit</b> <b>Milk</b>	<b>10</b> Deli Sandwich <b>Baked Beans</b> <b>Onion Rings</b> <b>Fruit</b> <b>Milk</b>	<b>11</b> BBQ Chicken Brown Rice/Kidney Beans <b>Steamed Carrots</b> <b>Fruit- Chef's Choice</b> <b>Milk</b>	<b>12</b> Cheeseburger  <b>French Fries</b> <b>Fruit Ice</b> <b>Milk</b>
<b>15</b> Ground Beef & Macaroni  <b>Baked Beans</b> <b>Fruit</b> <b>Milk</b>	<b>16</b> Teriyaki Chicken Brown Rice/Kidney Beans <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>17</b> Grilled Cheese  <b>Crunchy carrots</b> <b>Fruit</b> <b>Milk</b>	<b>18</b> Spaghetti & Meatballs  <b>Broccoli</b> <b>Fruit- Chef's Choice</b> <b>Milk</b>	<b>19</b> Chicken Nuggets  <b>French Fries</b> <b>Fruit Ice</b> <b>Milk</b>
<b>22</b> Spaghetti & Meatballs  <b>Broccoli</b> <b>Fruit- Chef's Choice</b> <b>Milk</b>	<b>23</b> Macaroni and Cheese  <b>Baked Beans</b> <b>Fruit</b> <b>Milk</b>	<b>24</b> Deli Sandwich  <b>Onion Rings</b> <b>Fruit</b> <b>Milk</b>	<b>25</b> BBQ Chicken Brown Rice/Kidney Beans <b>Steamed Carrots</b> <b>Fruit- Chef's Choice</b> <b>Milk</b>	<b>26</b> Cheeseburger  <b>French Fries</b> <b>Fruit Cup</b> <b>Milk</b>
<b>29</b> Ground Beef & Macaroni  <b>Baked Beans</b> <b>Fruit Ice</b> <b>Milk</b>	<b>30</b> Teriyaki Chicken Brown Rice/Kidney Beans <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>31</b> Deli Sandwich  <b>Crunchy carrots</b> <b>Fruit Chef's Choice</b> <b>Milk</b>		

MENU SUBJECT TO CHANGE

Fresh Fruit  
 Apple Slices, Banana, Clementine

Canned Fruit & Applesauce

MILK CHOICES: 1%, Fat Free, Fat Free Chocolate  
 \*PreK-K5 students CANNOT be offered CHOCOLATE MILK