



# OCTOBER 2018 LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>HAM &amp; CHEESE SINCROIZADAS</b> Avocado / Tomotoe / Onions Rice w/ Vegetables Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>CHICKEN FAJITAS</b> Rice with Vegetables Charro Beans. Corn Tortillas. Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>FETTUCCINI ALFREDO</b> Dark Green Garden Salad 1/4 Garlic Bread Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>HOT DOGS</b> Ranch Beans 1/2 Corn on Cob 1/4 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk 	<b>EARLY DISMISSAL</b> <b>12:15</b> 1% Milk/Fat Free Chocolate Milk
8	9	10	11	12
<b>CHEESE NACHOS</b> Baked Beans 1/2 Dark Green Garden Salad 1/4 Nacho Rounds 2oz Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>TACO SALAD</b> Rice, Corn, Beans & Cheese Dark Green Garden Salad 1/4 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>MAC &amp; CHEESE</b> Green Beans 1/4 Carrots 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>CHEESE BURGER</b> French Fries / Chips 3oz Lettuce & Tomatos Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk 	<b>NO CLASSES</b> 1% Milk/Fat Free Chocolate Milk
15	16	17	18	19
<b>PICADILLO w/VEGETABLES 1/4</b> Fideo Refried Beans 1/2 Fresh Fruit 1/2 cup Corn Tortillas 2oz 1% Milk/Fat Free Chocolate Milk	<b>BEEF TACOS</b> Rice w/Vegetables 1/4 Refried Beans 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Choc Milk/Juice 	<b>BEAN TOSTADAS</b> Rice w/Vegetables 1/4 Corn 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk 	<b>CHICKEN SANDWICH</b> Baby Carrots w/Ranch Dressing 1/4 Chips Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>HAM TORTA</b> Sun Chips 1 oz. Baby Carrots 1/4 Fresh Fruit 1/2 cup 
22	23	24	25	26
<b>GRILLED CHEESE SANDWICH</b> Baby Carrots w/Ranch 1/2 Potato Wedges 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>CHICKEN FLAUTAS</b> Rice w/ Vegetables Pinto Beans 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk	<b>PEPPERONI PIZZA</b> Dk Green Garden Salad 1/4 Broccoli Florets 1/2 Fresh Fruit 1/2 cup 1% Milk/Fat Free Chocolate Milk 	<b>PARENT - TEACHER CONFERENCES</b> <b>EARLY DISMISSAL</b> <b>12:15</b> 0	<b>PARENT - TEACHER CONFERENCES</b> <b>EARLY DISMISSAL</b> <b>12:15</b>
29	30	31		
<b>CHOPPED BBQ BEEF SANDWICH</b> <b>PK &amp; K - HOT DOGS</b> Baby Carrots w/Ranch Dressing 1/4 Cesar Salad 1/4 / Chips Ranch Beans 1/2 / Fresh fruit 1/2 1% Milk/Fat Free Chocolate Milk	<b>GROUND BEEF BURRITOS</b> <b>(RICE &amp; BEANS )</b> DK Salad Fresh Fruit 1/2 cup Grapes 1/2 1% Milk/Fat Free Chocolate Milk 			

All menus meet recommended dietary guidelines and *may change due to product availability and customer satisfaction*

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