



October

2019

Elm Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News...
National School Lunch Week October 14 th - October 18 th	1 World Vegetarian Day Veggie Chik Nuggets Mozzarella Sticks w/ Sauce Tuna Salad Platter w/ Saltines Seasoned Waffle Fries Seasoned Corn Red Pepper Strips Mixed Berry Applesauce Watermelon Fruit Juice	2 Hot Dog Chicken Patty Turkey Chef Salad w/ FB French Fries Baked Beans Celery Sticks Apple Orange Orange Juice	3 Chicken Nuggets w/ Cheesy Breadstick BBQ Pork Riblet Sandwich Chicken Salad Platter w/ Saltines Seasoned Waffle Fries Steamed Green Beans Baby Carrots Plum Banana Fruit Juice	4 Cheese Pizza Mini Cinni w/ C.Sausage Fruit & Cheese Plate w/ Pretzel Tater Tots Warm Cinnamon Apples Cucumber Tomato Salad Mandarin Oranges Grapes Apple Juice	World Vegetarian Day October 1 st is the day to try the new plant-based protein Veggie Chik Nuggets. Each serving is packed with 15 grams of protein!
	7 BBQ Drumstick w/ Cinnamon Biscuit Hot Dog Egg Chef Salad w/ Goldfish & Pretzel Rod Tater Tots Fresh Broccoli Cucumber Slices Apple Orange Apple Juice	8 Fuel Special Pineapple Chicken Tacos Chicken Tacos Pancakes & Cheddar Omelet Tuna Salad Platter w/ Saltines Seasoned Waffle Fries Seasoned Corn Red Pepper Strips Mixed Berry Applesauce Watermelon Fruit Juice	9 Chicken Tenders w/ Baked Cheetos Grilled Cheese & Chicken Nugget Appetizer Boat Turkey Chef Salad w/ FB French Fries Baked Beans Celery Sticks Apple Orange Orange Juice	10 Fuel Special Pineapple Chicken Tacos Cheese Pizza Mac & Cheese w/ Cheesy Toast Chicken Salad Platter w/ Saltines Seasoned Waffle Fries Steamed Green Beans Baby Carrots Plum Banana Fruit Juice	
14 Columbus Day No School	15 Cinnamon Roll & C.Sausage Cheeseburger Tuna Salad Platter w/ Saltines Seasoned Waffle Fries Seasoned Corn Red Pepper Strips Mixed Berry Applesauce Watermelon Fruit Juice	16 Chicken Patty Grilled Cheese & Tomato Soup Turkey Chef Salad w/ FB French Fries Baked Beans Celery Sticks Apple Orange	17 BBQ Pork Riblet Mini Corn Dogs Chicken Salad Platter w/ Saltines Seasoned Waffle Fries Steamed Green Beans Baby Carrots Plum Banana Fruit Juice	18 Sausage Pizza Veggie Pizza Fruit & Cheese Plate w/ Pretzel Tater Tots Zesty Orange Carrots Cucumber Tomato Salad Fruit Salad Grapes Apple Juice	October Fuel Special Pineapple Chicken Tacos Seasoned Chicken topped with shredded lettuce and pineapple salsa stuffed in a crispy taco shell
21 Corn Dog Mac & Cheese w/ Cheesy Toast Egg Chef Salad w/ Goldfish & Pretzel Rod Tater Tots Fresh Broccoli Cucumber Slices Apple Orange Apple Juice	22 Beef Nachos Cheese Pizza Tuna Salad Platter w/ Saltines Seasoned Waffle Fries Seasoned Corn Red Pepper Strips Mixed Berry Applesauce Watermelon Fruit Juice	23 Mozzarella Sticks w/ Pizza Sauce French Toast Sticks w/ C.Sausage Turkey Chef Salad w/ FB French Fries Baked Beans Celery Sticks Apple Orange Orange Juice	24 Boneless Wings w/ Baked Cheetos Cheese Quesadilla Chicken Salad Platter w/ Saltines Seasoned Waffle Fries Steamed Green Beans Baby Carrots Plum Banana Fruit Juice	25 Cheeseburger Max Snax Pizza Sticks w/ Sauce Fruit & Cheese Plate w/ Baked Cheetos & Pretzel Rod Tater Tots Zesty Orange Carrots Cucumber Tomato Salad Mandarin Oranges Grapes Apple Juice	
28 Spaghetti and Meatballs Chicken Patty Egg Chef Salad w/ Goldfish & Pretzel Rod Tater Tots Fresh Broccoli Cucumber Slices Apple Orange Apple Juice	29 Taco Tuesday Beef Tacos Turkey American Melt Tuna Salad Platter w/ Saltines Seasoned Waffle Fries Seasoned Corn Red Pepper Strips Mixed Berry Applesauce Watermelon Fruit Juice	30 Italian Cheese Dunkers Popcorn Chicken w/ Pretzel Rod Turkey Chef Salad w/ FB French Fries Baked Beans Celery Sticks Apple Orange Orange Juice	31 Confetti Pancakes & Cheddar Omelet Grilled Cheese & Tomato Soup Chicken Salad Platter w/ Saltines Seasoned Waffle Fries Steamed Green Beans Baby Carrots Plum Banana Fruit Juice Mini Cocoa Rice Krispie	Menus are subject to change without notice.	

Questions?

Please contact the food service director at 708-583-5463 or visit our food service page on the district website

Lunch Price

Paid: \$2.50
 Reduced: \$0.40
 Milk: \$0.50



This institution is an equal opportunity provider.