

October is  
Farm to  
School  
Month!

## ***Elementary School Lunch Menu***

### ***Monday***

Mac & Cheese  
w/ Breadstick  
Rainbow Salad w/ Pretzel  
Hummus & Veggie Wrap  
Potato Smileys  
Fresh Fruit  
Applesauce Cup  
Black Bean Salad  
Non - Fat & Low - Fat Milk

### ***Tuesday***

Meatball Sub  
Turkey Deli Sandwich  
Uncrustable Kit  
Roasted Zucchini  
Fresh Fruit  
Strawberry Cup  
Fresh Side Salad  
Non - Fat & Low Fat Milk

### ***Wednesday***

WG French Bread Pizza  
Strawberry & Spinach  
Salad w/ Chicken  
Muffin & Yogurt Pack  
Baby Carrots & Dip  
Fresh Fruit  
Apple Juice  
Fresh Side Salad  
Non - Fat & Low - Fat Milk

### ***Thursday***

Chicken Fillet Sandwich  
Turkey Hoagie  
Uncrustable Kit  
Steamed Broccoli  
Fresh Fruit  
Peach Cup  
Cherry Tomatoes & Dip  
Non - Fat & Low - Fat Milk

### ***Friday***

Chicken & Waffles  
Chicken Salad Sandwich  
Veggie Cobb Salad  
Fresh Side Salad

Raw Veggie Cup w/ Ranch  
Fresh Fruit  
Grape Juice  
Non - Fat & Low - Fat Milk

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## ***Elementary School Breakfast Menu***

### ***Monday***

Oatmeal Bar  
Orange Juice  
Fresh Fruit  
Cereal Variety  
Non - Fat & Low Fat Milk

### ***Tuesday***

Low - Fat Yogurt Parfait  
Apple Slices  
Fresh Fruit  
Cereal Variety  
Non - Fat & Low Fat Milk

### ***Wednesday***

Egg & Cheese on English Muffin  
Apple Juice  
Fresh Fruit  
Cereal Variety  
Non - Fat & Low Fat Milk

### ***Thursday***

WG Muffin & Cheese Stick  
Orange Slices  
Fresh Fruit  
Cereal Variety  
Non - Fat & Low Fat Milk

### ***Friday***

Mini Pancakes  
Orange Juice  
Fresh Fruit  
Cereal Variety  
Non - Fat & Low Fat Milk