



Menu for the week of

10/16/2017

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10/20/2017

	10/16/2017 Monday	10/17/2017 Tuesday	10/18/2017 Wednesday	10/19/2017 Thursday	10/20/2017 Friday
Soup	Chicken & Dumpling	Homemade Chili	Chicken Tortilla Saoup	Tomato Soup	Chicken Noodle
Chef's Entree	Spaghetti & Meatballs w/ Garlic Breadstick	Parmesan Crusted Tilapia w/ Steamed Rice	Brunch for Lunch	Sweet & Sour Chicken w/ Egg Roll & Steamed Rice	Pepperoni-Cheese Pizza Day served with Fresh Melon
Kids Pick	Steak Fingers w/ Tater Tots	Ultimate Grilled Cheese w/ Baked Chips	Salisbury Steak w/ Mashed Potatoes	BBQ Rib Sandwich w/ Mac & Cheese	Alfredo Pasta
Kid Pick Sides	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup
Fresh Vegetables	Steamed Broccoli	Green Beans	Side Salad	Edamame	Caesar Salad
Deli Sandwich	Turkey Wrap	*****	Chicken Caesar Wrap	*****	*****
Baked Potatoes	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream
Salad Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham). Sandwich Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham). Sandwich Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham). Sandwich Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham). Sandwich Bar	No Salad Bar Today
Beverage Bar	100% Real Apple, Grape, Berry Juice, 2% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Grape, Berry Juice, 2% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Grape, Berry Juice, 2% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Grape, Berry Juice, 2% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Grape, Berry Juice, 2% Milk or Fat Free Chocolate Milk, Water
Dessert	Cookies	Yellow Cake	Peaches	Chocolate Brownie	Ice Cream

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

Pre-K3 - K - \$5.00 1st through 3rd Grades \$5.65 and 4th through 8th Grades \$6.25

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP



DINING SERVICE