



October 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grades 6-8 Lunch <i>MENUS ARE SUBJECT TO CHANGE</i>				
10-1 ★★ Bean & Cheese Pupusa Curtido Slaw -V ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	10-2 ★★ Pork Egg Rolls ★★ Deli Turkey & Cheese Sandwich ★★ Tuna Salad Plate ★ Pretzel Roll ★ Sweet Corn ★ Fresh Garden Salad ★ Frozen Juice Cup ★ Got Milk	10-3 ★★ Zesty Beef Chalupa with Rice ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Fruit ★ Got Milk	10-4 ★★ Smokin' BBQ Rib Sandwich ★★ Turkey & Cheese Melt ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Waffle Fries ★ Kale Salad ★ Fruit Cup ★ Got Milk	10-5 ★★ Tangerine Chicken & Fried Rice Bowl ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Broccoli Buds ★ Petite Baby Carrots - S ★ Frozen Juice Slush ★ Got Milk
10-8 ★ Bean & Cheese Bowl -V ★ Crunchy Tortilla Chips ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	10-9 ★★ Turkey Burger ★★ Yellow Submarine Sandwich ★★ Tuna Salad Plate ★ Pretzel Roll ★ Roasted Potato Wedges ★ Fresh Garden Salad ★ Frozen Juice Cup ★ Got Milk	10-10 ★★ Philly Cheese Steak Sandwich ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Fruit ★ Got Milk	10-11 ★ Salisbury Steak with Gravy ★ Artisan Roll - S ★★ California Chicken Wrap ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Fluffy Mashed Potatoes ★ Cucumber Coins ★ Fruit Cup ★ Got Milk	10-12 ★★ Café LA Burger or Café LA Cheeseburger ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Fresh Garden Salad ★ Petite Baby Carrots - S ★ Frozen Juice Cup ★ Got Milk
10-15 ★★ Cheesy Veggie Burger Sliders -V ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V ★ Waffle Fries ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	10-16 ★ Oven Fried Chicken Drumstick ★ Corn Muffin ★★ Deli Turkey & Cheese Sandwich ★★ Tuna Salad Plate ★ Pretzel Roll ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Frozen Juice Cup ★ Got Milk	10-17 ★★ Mama's Meatball Sub ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Golden Hash Brown Patties ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	10-18 ★★ Teriyaki Beef Dipper Rice Bowl ★★ California Chicken Wrap ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Broccoli Buds ★ Cucumber Salad ★ Fruit Cup ★ Got Milk	10-19 ★★ Whole Grain Rich Pepperoni Pizza ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Petite Baby Carrots - S ★ Frozen Juice Slush ★ Got Milk



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Grades 6-8 Lunch <i>MENUS ARE SUBJECT TO CHANGE</i>				
10-22 ★★ Chile Cheese Tamale - V ★★ Toasted Cheese Sandwich - V ★★ Yogurt Parfait Wholesome Granola - V ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Fruit Juice ★ Got Milk	10-23 ★ Chicken Tenders ★★ Southern Buttermilk Biscuit ★★ Yellow Submarine Sandwich ★★ Tuna Salad Plate ★ Pretzel Roll ★ Roasted Potato Wedges ★ Fresh Garden Salad ★ Frozen Juice Cup ★ Got Milk	10-24 ★ Taco Bean Dip ★ Crunchy Tortilla Chips ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	10-25 ★★ Turkey Burger ★★ California Chicken Wrap ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Petite Baby Carrots - S ★ Fresh Garden Salad ★ Fruit - S ★ Got Milk	10-26 ★★ Manager's Choice ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Fluffy Mashed Potatoes ★ Celery Sticks ★ Frozen Juice Cup ★ Got Milk
10-29 ★★ Bean & Cheese Pupusa Curtido Slaw - V ★★ Toasted Cheese Sandwich - V ★★ Yogurt Parfait Wholesome Granola - V ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk	10-30 ★★ Pork Egg Rolls ★★ Deli Turkey & Cheese Sandwich ★★ Tuna Salad Plate ★ Pretzel Roll ★ Sweet Corn ★ Fresh Garden Salad ★ Frozen Juice Cup ★ Got Milk	10-31 ★★ Zesty Beef Chalupa with Rice ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Fruit - S ★ Got Milk		

All of the Grain/Bread items served are whole grain.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable

S: Items with an (**S**) can be saved for later

V: Vegetarian items

**Farm Fresh Fruits: Apple, Orange, Banana