

## School Lunch Menu-October 1-October 26 2018

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Scrambled Eggs Pork Sausage Patties Hash Browns Wheat Toast/Jelly Fruit 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Wheat Roll/Jelly Fruit 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Fruit Lo Cal Dessert 2% Milk	Baked Three Cheese Mac-n-Cheese Veggie Applesauce Dessert 2% Milk
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Wheat Roll/Jelly Fruit (C Rich) 2% Milk	Thick Cut Challah Bread French Toast Turkey Sausage Patties Fruit (C Rich) 2% Milk	Chicken Chili w/ Veggies Rice Fruit (C Rich) Lo Cal Dessert 2% Milk	Black Angus burger/Bun Tomato/ Cheese Tater Tots Fruit Cupcakes 2% Milk	No School
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk	Sandwich on eggwash roll w/ turkey, ham, cheese, tomato s/o mayo/mustard Veggies Cream of Chicken Soup*w/ crackers Dessert 2% Milk	Cavatappi w/ Meatballs Warmed Garlic Brushed Rolls Veggie Fruit 2% Milk	Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw Fruit 2% Milk	Spinach and Three Cheese Lasagna Fresh Baked Breadstick Fruit (A Rich) Dessert 2% Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Blueberry Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Chicken Tenders Mac and Cheese* Veggies Fruit Lo Cal Dessert 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk

\*Prepared low fat; (A Rich) – Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day

*McVaugh, RD, LDN*

## School Calorie-Controlled Lunch Menu-October 1-October 26 2018

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Mexican Burritos-1/ Salsa/Sour Cr*-1 T. Rice-1/4 cup Black Beans-1/4 c. Lett/Tomato-1 c. Fruit-1/2 cup Veggie (A Rich) Skim Milk	Scrambled Egg-1 Pork Sausage -1 oz. Hash Browns*-1/4 c. Fruit -1/2 cup Wheat Toast-2/ Diet Jelly-2 tsp Skim Milk	Chicken Strips * -3 oz Mashed Sweet Potatoes-1/3 cup Veggie-1/2 cup Fruit -1/2 cup Wheat Roll-1/ Diet Jelly -1 tsp . Skim Milk	Chicken Parmesan - 2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	3 Cheese Mac-n-Cheese*-1 1/2 cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Chicken Breast-2 oz. Mash Potato-1/2 c. Veggie-1/2 c. Wheat Roll-1 Diet Jelly-1 tsp Fruit-1/2 cup Skim Milk	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Chili -1 1/2 cup Veggie-1/2 cup Rice-1/2 cup Fruit -1/2 cup Skim Milk	Black Angus burger-2 oz/ Bun (small) Lettuce/ Tomato/ Tater Tots*-1/ 2 cup Fruit-1/2 cup Skim Milk	NO SCHOOL
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Meat -1 1/2 oz , Feta-1/2 oz, Pita-1 w/ tomato, cucumber, sauce Potato Wedges-1/2 c. Fruit-1/2 cup Skim Milk	Sandwich w/ 2 oz.-turkey, ham, cheese*, lettuce, tomato/mustard Carrots-1/2 cup Cream of Chicken Soup*-1/2 cup Skim Milk	Cavatappi-1/2 cup w/Meatball-2oz. Garlic Roll-1 small Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Baked Battered Fish-3 oz Baked Fries-1/2 cup Cole Slaw*- (A Rich)-1/3 cup Fruit-1/2 cup Skim Milk	Lasagna-3"X3" Garden Salad-dressing * Bread Stick-1 small Fruit-1/2 cup Skim Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Bean Salad-1/4 cup Fruit-1/2 cup Skim Milk	Beef Burritos-1/ Salsa/Sour Cream*-1 T. Mexican Rice-1/2 cup Corn-1/3 cup Fruit-1/2 cup (C Rich) Skim Milk	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Chicken Tenders-2 oz. Mac and Cheese*-3/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Whole Wheat Thin Crust Cheese Pizza-1 med. Broccoli*-1/2 cup Fruit-1/2 cup Bread Stick-1 small Skim Milk

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*McVaugh, RD, LDN*