

## School Lunch Menu-October 29-November 23, 2018

<b>MONDAY</b> <b>29</b>	<b>TUESDAY</b> <b>30</b>	<b>WEDNESDAY</b> <b>31</b>	<b>THURSDAY</b> <b>Nov 1</b>	<b>FRIDAY</b> <b>2</b>
Sloppy Joes Cream of Broccoli Soup w/ crackers Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk	Happy Halloween!!! Cincinnati Chili Mac w/ Elbow Macaroni baked w/ cheddar cheese Tortilla Chips Veggie Halloween treats 2% Milk	Grilled Chicken B.L.T. Sandwich on hamburger bun (tomato, on side) Baked Hand Cut Potato Chips Fruit Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk
<b>MONDAY</b> <b>5</b>	<b>TUESDAY</b> <b>6</b>	<b>WEDNESDAY</b> <b>7</b>	<b>THURSDAY</b> <b>8</b>	<b>FRIDAY</b> <b>9</b>
Pylian Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk	Ground Beef Tacos w/ tomatoes, cheese and fresh salsa Mexican Rice Veggie Sour Cream* 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Pulled Pork Sliders Au Gratin Potatoes Veggie Dessert Fruit 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Dessert 2% Milk
<b>MONDAY</b> <b>12</b>	<b>TUESDAY</b> <b>13</b>	<b>WEDNESDAY</b> <b>14</b>	<b>THURSDAY</b> <b>15</b>	<b>FRIDAY</b> <b>16</b>
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
<b>MONDAY</b> <b>19</b>	<b>TUESDAY</b> <b>20</b>	<b>WEDNESDAY</b> <b>21</b>	<b>THURSDAY</b> <b>22</b>	<b>FRIDAY</b> <b>23</b>
Pancakes w/ Fresh Strawberries Turkey Bacon Breakfast Red Potatoes Syrup/Margarine 2% Milk	Roast Turkey Mashed Potatoes W/ Gravy Stuffing Corn Cranberry Sauce Dessert 2% Milk	NO SCHOOL	HAPPY THANKSGIVING!!!	NO SCHOOL

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

MVaughn, RD, LDN

## School Calorie-Controlled Lunch Menu- October 29-November 23,

<b>MONDAY Oct. 29</b>	<b>TUESDAY 30</b>	<b>WEDNESDAY 31</b>	<b>THURSDAY Nov 1</b>	<b>FRIDAY 2</b>
Sloppy Joe-2oz. on Bun Macaroni Salad-1/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mostacioli-1 cup Garlic Bread-1 small Veggie (A Rich) Fruit-1/2 cup Skim Milk	Chili Mac 1 1/2 cup Cheese-1 Tbsp Veggie-1/2 cup Fruit -1/2 cup Halloween Treat-1/2 Skim Milk	Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup Skim Milk	Cheese Quesadillas-1 Refried Beans*-1/4 cup Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp Fruit-1/2 cup Skim Milk
<b>MONDAY 5</b>	<b>TUESDAY 6</b>	<b>WEDNESDAY 7</b>	<b>THURSDAY 8</b>	<b>FRIDAY 9</b>
Pylan Estates E.V.O.O. Chicken Limoncino -2 oz. Spinach Feta Rice-1 c. Fruit-1/2 cup Bread/Roll-1 Diet Jelly-1 tsp Skim Milk	Beef-2 oz Tacos-1 small shell w/ lettuce, tomatoes, cheese Salsa Mexican Rice-1/4 c. Veggie-1/2 c. Skim Milk	Pancakes-2 Diet Syrup-1 T. Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. Hash Browns*-1/4 c. Skim Milk	Pork- 2 oz Bun-1 small AuGratin Potatoes-1/4 cup Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Thin Crust Cheese*Pizza-1 medium slice Broccoli Salad*-1/2 cup Fruit -1/2 cup Skim Milk
<b>MONDAY 12</b>	<b>TUESDAY 13</b>	<b>WEDNESDAY 14</b>	<b>THURSDAY 15</b>	<b>FRIDAY 16</b>
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
<b>MONDAY 19</b>	<b>TUESDAY 20</b>	<b>WEDNESDAY 21</b>	<b>THURSDAY 22</b>	<b>FRIDAY 23</b>
Pancake-1 w/ Fresh Strawberries-1/2 cup Turkey Bacon-4 slices Breakfast Red Potatoes-1/2 cup Diet Syrup-1 T. Skim Milk	Turkey-2 oz Mashed Potatoes-1/2 cup w/ Gravy-1 T Veggie-1/2 cup Corn-1/3 cup Cranberry Sauce-2 T/ Fruit-1/2 cup Skim Milk	NO SCHOOL	HAPPY THANKSGIVING!!!	NO SCHOOL

\*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day  
M Vaughn, RD, LDN