



## VIP LUNCH MENU October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Fall break School Closed October 9<sup>th</sup> – 13<sup>th</sup></b></p>	<p>2</p>	<p>4</p> <p><b>Students Must Select 3 out of the 5 Meal Components.</b></p> <p><b>One Of The 3 Components Selected, MUST Be Fruit or Vegetable</b></p>	<p>5</p> <p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>	<p>6</p> <p>All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.</p>
<p>9</p> <p><b>Meat &amp; Grain</b> Chicken Patty</p> <p>American Sub</p>	<p>10</p> <p><b>Meat &amp; Grain</b> Chicken Alfredo Pasta*</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>11</p> <p><b>Meat &amp; Grain</b> Breakfast for Lunch Whole Wheat Pancakes &amp; Turkey Sausage Patties</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p>12</p> <p><b>Meat &amp; Grain</b> Pepperoni Pizza</p> <p>Whole Grain Chicken Corn Dog</p>	<p>13</p> <p><b>Meat &amp; Grain</b> Orange Chicken over Steamed* Brown Rice</p> <p>Hamburger</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Corn Grapes 1% or Fat Free Milk</p>
<p>16</p> <p><b>Meat &amp; Grain</b> Roasted Turkey w/ Dinner Roll*</p> <p>Italian Sub</p>	<p>17</p> <p><b>Meat &amp; Grain</b> Pepperoni Pizza</p> <p>Chicken Salad Wrap*</p>	<p>18</p> <p><b>Meat &amp; Grain</b> Beef Taco / with lettuce/tomato/cheese*</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>19</p> <p><b>Meat &amp; Grain</b> Chicken &amp; Whole Grain Waffles</p> <p>Hamburger</p>	<p>20</p> <p><b>Meat &amp; Grain</b> Sesame Ginger Chicken Pasta*</p> <p>Sun Butter &amp; Jelly Sandwich</p>
<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>23</p> <p><b>Meat &amp; Grain</b> Trix Yogurt, String Cheese, Scooby Doo Grahams</p> <p>Cheeseburger</p>	<p>24</p> <p><b>Meat &amp; Grain</b> Chicken Nuggets w/ Dinner Roll</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p>25</p> <p><b>Meat &amp; Grain</b> Shredded BBQ Pork Sandwich*</p> <p>American Sub</p>	<p>26</p> <p><b>Meat &amp; Grain</b> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties</p> <p>Turkey Hot Dog</p>	<p>27</p> <p><b>Meat &amp; Grain</b> Whole Grain Bean &amp; Cheese Burrito</p> <p>Chicken Patty Sandwich</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrots Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>30</p> <p><b>Meat &amp; Grain</b> Chicken Whole Grain Corn dog</p> <p>Chicken Salad Wrap*</p>	<p>31</p> <p><b>Meat &amp; Grain</b> Chicken Alfredo Pasta*</p> <p>Italian Sub</p> <p><b>Happy Halloween</b></p>		<p><b>Our menu is Trans Fat Free!</b></p> <p><b>Items are baked or grilled NEVER Deep Fried.</b></p>	<p><b>Nutritional information is available at the Food Service Office.</b></p>
<p><u>Vegetable / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk</p>			<p><b>Menu Subject to Change Without Notice</b></p>



**DYK – OCTOBER IS;  
NATIONAL PIZZA MONTH  
NATIONAL POPCORN POPPING MONTH!  
OCTOBER 26<sup>th</sup> IS NATIONAL PUMPKIN DAY!**

**“This institution is an equal opportunity provider.”**