

OCTOBER 2009

LUNCH - ELEMENTARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Condiments Available: Ketchup, Mayonnaise, Mustard, Taco Sauce Salad Dressings Available: 1,000 Island, Caesar, French, Italian, Ranch, Asian Sesame	WEEK OF: 10/5 & 10/19 *Optional Weekly Entrée: Deli Sub on Wheat and/or Café LA Tossed Garden Salad V M & C: 8/6/2009	WEEK OF: 10/1, 10/12, & 10/26 **Optional Weekly Entrée: Turkey Breast & Cheese on Wheat and/or Farmers Market Salad with Whole Wheat Dinner Roll V V = Represent Vegetarian Entrée WG = Represent Whole Grain	1 Parmesan Lasagna Garden Salad with Egg & Saltines V Optional Weekly Entrée** Fresh Baby Carrots Chilled Peaches Chilled Orange Juice Choice of Milk	2 Fish Filet Sandwich with Cheese WG Macaroni Au Gratin V Optional Weekly Entrée** Oven Baked Crinkle Cut Fries Fresh Pineapple Chunks Chilled Orange Juice Choice of Milk
5 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito V Optional Weekly Entrée* Peas Seedless Red Grapes Chilled Orange Juice Choice of Milk	6 Whole Grain Breaded Chicken Sandwich WG California Nachos V Optional Weekly Entrée* Fresh Jicama Sticks with Lime Wedge Oven Roasted Potato Wedges Chilled Apple Juice Choice of Milk	7 Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad V Optional Weekly Entrée* Whole Kernel Corn HOTM: Apples Strawberry Fruit Cup Chilled Orange Juice Choice of Milk	8 Breaded Chicken Nuggets WG Oven Baked Cheese Pizza V Optional Weekly Entrée* Sweet Potato Sticks Chilled Pears Chilled Orange Juice Choice of Milk	9 Spaghetti & Meatballs Toasted Cheese Sandwich V WG Optional Weekly Entrée* Crisp Broccoli Bites Chilled Applesauce Chilled Orange Juice Choice of Milk
12 Red Chile Beef & Bean Burrito Peanut Butter & Jelly Pocket V WG Optional Weekly Entrée** Corn on the Cob Seedless Red Grapes Chilled Orange Juice Choice of Milk	13 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips V Optional Weekly Entrée** Zucchini Sticks Orange Citrus Smiles Chilled Apple Juice Choice of Milk	14 Charbroiled Beef Patty on Whole Wheat Bun WG Garden Veggie Burger with Cheese V WG Optional Weekly Entrée** Crisp Baked Potato Rounds Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	15 Parmesan Lasagna Garden Salad with Egg & Saltines V Optional Weekly Entrée** Fresh Baby Carrots Chilled Peaches Chilled Orange Juice Choice of Milk	16 Fish Filet Sandwich with Cheese WG Macaroni Au Gratin V Optional Weekly Entrée** Oven Baked Crinkle Cut Fries Fresh Pineapple Chunks Chilled Orange Juice Choice of Milk
19 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito V Optional Weekly Entrée* Peas Seedless Red Grapes Chilled Orange Juice Choice of Milk	20 Whole Grain Breaded Chicken Sandwich WG California Nachos V Optional Weekly Entrée* Fresh Jicama Sticks with Lime Wedge Oven Roasted Potato Wedges Chilled Apple Juice Choice of Milk	21 Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad V Optional Weekly Entrée* Whole Kernel Corn HOTM: Apples Strawberry Fruit Cup Chilled Orange Juice Choice of Milk	22 Breaded Chicken Nuggets WG Oven Baked Cheese Pizza V Optional Weekly Entrée* Sweet Potato Sticks Chilled Pears Chilled Orange Juice Choice of Milk	23 Spaghetti & Meatballs Toasted Cheese Sandwich V WG Optional Weekly Entrée* Crisp Broccoli Bites Chilled Applesauce Chilled Orange Juice Choice of Milk
26 Red Chile Beef & Bean Burrito Peanut Butter & Jelly Pocket V WG Optional Weekly Entrée** Corn on the Cob Seedless Red Grapes Chilled Orange Juice Choice of Milk	27 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips V Optional Weekly Entrée** Zucchini Sticks Orange Citrus Smiles Chilled Apple Juice Choice of Milk	28 Charbroiled Beef Patty on Whole Wheat Bun WG Garden Veggie Burger with Cheese V WG Optional Weekly Entrée** Crisp Baked Potato Rounds Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	29 Parmesan Lasagna Garden Salad with Egg & Saltines V Optional Weekly Entrée** Fresh Baby Carrots Chilled Peaches Chilled Orange Juice Choice of Milk	30 Fish Filet Sandwich with Cheese WG Macaroni Au Gratin V Optional Weekly Entrée** Oven Baked Crinkle Cut Fries Fresh Pineapple Chunks Chilled Orange Juice Choice of Milk

Milk Options: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free

Menus are Subject to Change