

# October 2009

# Lunch Menu - ELEMENTARY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Daily Milk Options: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free ♡ = Represent Vegetarian Entrée    ☼ = Represent Whole Grain Condiments Available: Ketchup, Mayonnaise, Mustard, Taco Sauce, Hot Sauce Salad Dressings Available: 1,000 Island, Caesar, French, Italian, Ranch, Asian Sesame  WEEK OF: 10/05 & 10/19 <i>Optional Weekly Entrée:</i> 6" Deli Sub on Wheat and/or Café LA Tossed Garden Salad WEEK OF: 10/01, 10/12, & 10/26 * <i>Optional Weekly Entrée:</i> Turkey Breast & Cheese on Wheat and/or Farmers Market Salad Menus are Subject to Change		1 Parmesan Lasagna Garden Salad with Egg & Saltines ♡ <i>Optional Weekly Entrée **</i> Fresh Baby Carrots with Dip Chilled Peaches Chilled Orange Juice		2 Fish Filet Sandwich with Cheese ☼ Macaroni Au Gratin ♡ <i>Optional Weekly Entrée **</i> Oven Baked Crinkle Cut Fries Fresh Pineapple Chunks Chilled Orange Juice			
5 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito ♡ <i>Optional Weekly Entrée *</i> Peas Seedless Red Grapes Chilled Orange Juice		6 Whole Grain Breaded Chicken Sandwich ☼ California Nachos ♡ <i>Optional Weekly Entrée *</i> Fresh Jicama Sticks with Lime Wedge Oven Roasted Potato Wedges Chilled Apple Juice		7 Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad ♡ <i>Optional Weekly Entrée *</i> Whole Kernel Corn Strawberry Fruit Cup Chilled Apple Juice		8 Breaded Chicken Nuggets ☼ Oven Baked Cheese Pizza ♡ <i>Optional Weekly Entrée *</i> Sweet Potato Sticks with Dip Chilled Pears Chilled Orange Juice		9 Spaghetti & Meatballs Toasted Cheese Sandwich ♡☼ <i>Optional Weekly Entrée *</i> Crisp Broccoli Bites with Dip Chilled Applesauce Chilled Orange Juice	
12 Red Chile Beef & Bean Burrito Peanut Butter & Jelly Pocket ♡☼ <i>Optional Weekly Entrée **</i> Corn on the Cob Seedless Red Grapes Chilled Orange Juice		13 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips ♡ <i>Optional Weekly Entrée **</i> Zucchini Sticks with Dip Orange Citrus Smiles Chilled Apple Juice		14 Charbroiled Beef Patty on Whole Wheat Bun ☼ Garden Veggie Burger with Cheese ♡☼ <i>Optional Weekly Entrée **</i> Crisp Baked Potato Rounds Fresh Cut Cantaloupe Chilled Apple Juice		15 Parmesan Lasagna Garden Salad with Egg & Saltines ♡ <i>Optional Weekly Entrée **</i> Fresh Baby Carrots with Dip Chilled Peaches Chilled Orange Juice		16 Fish Filet Sandwich with Cheese ☼ Macaroni Au Gratin ♡ <i>Optional Weekly Entrée **</i> Oven Baked Crinkle Cut Fries Fresh Pineapple Chunks Chilled Orange Juice	
19 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito ♡ <i>Optional Weekly Entrée *</i> Peas Seedless Red Grapes Chilled Orange Juice		20 Whole Grain Breaded Chicken Sandwich ☼ California Nachos ♡ <i>Optional Weekly Entrée *</i> Fresh Jicama Sticks with Lime Wedge Oven Roasted Potato Wedges Chilled Apple Juice		21 Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad ♡ <i>Optional Weekly Entrée *</i> Whole Kernel Corn Strawberry Fruit Cup Chilled Apple Juice		22 Breaded Chicken Nuggets ☼ Oven Baked Cheese Pizza ♡ <i>Optional Weekly Entrée *</i> Sweet Potato Sticks Chilled Pears Chilled Orange Juice		23 Spaghetti & Meatballs Toasted Cheese Sandwich ♡☼ <i>Optional Weekly Entrée *</i> Crisp Broccoli Bites Chilled Applesauce Chilled Orange Juice	
26 Red Chile Beef & Bean Burrito Peanut Butter & Jelly Pocket ♡☼ <i>Optional Weekly Entrée **</i> Corn on the Cob Seedless Red Grapes Chilled Orange Juice		27 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips ♡ <i>Optional Weekly Entrée **</i> Zucchini Sticks Orange Citrus Smiles Chilled Apple Juice		28 Charbroiled Beef Patty on Whole Wheat Bun ☼ Garden Veggie Burger with Cheese ♡☼ <i>Optional Weekly Entrée **</i> Crisp Baked Potato Rounds Fresh Cut Cantaloupe Chilled Apple Juice		29 Parmesan Lasagna Garden Salad with Egg & Saltines ♡ <i>Optional Weekly Entrée **</i> Fresh Baby Carrots with Dip Chilled Peaches Chilled Orange Juice		30 Fish Filet Sandwich with Cheese ☼ Macaroni Au Gratin ♡ <i>Optional Weekly Entrée **</i> Oven Baked Crinkle Cut Fries Fresh Pineapple Chunks Chilled Orange Juice	