



LUNCH

OCTOBER 2018 Pre-K – 8th Child & Nutrition Program

HOT LUNCH MENU

Monday

1
Grilled Cheese Sandwich
Steamed Carrots, ½ cup
Potato Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Tuesday

2
Cowboy Beef Taco
w/cheese on a Soft Shell
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Wednesday

3
Chicken BBQ Teriyaki
with Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Thursday

4
Turkey or Turkey ham
& Cheese on a Roll w/Lettuce,
Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Friday

5
Homemade
Baked Ziti & Cheese
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk

8



9
Soft Shell, Pork* Tacos
Green Pepper Strips, ½ cup
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Cookie
Choice of Milk

10

Chicken Parmesan on a Bun
Potato Smile Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

11

Baked Macaroni & Cheese
Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

12

Personal Pan Round Pizza
Celery Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

15

Pork Meatball*
Sandwich on a Roll
Steamed Carrots, ½ cup
Assorted Fruit, ½ cup
0.75 oz. Goldfish Crackers
Milk

16

Tasty Chicken Taco
w/ cheese on Soft Shell
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

17

Beef Sloppy Joe on a
Bun
Potato Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

18

Crispy Mozzarella Sticks
Rotini Pasta & Marinara Sauce
Steamed Zucchini, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

19

Hearty Three Bean Chili with
Brown Rice
Carrot Sticks/Low Fat Dip, ½
cup
Fruit Cup, ½ cup

22

Yummy Quesadilla with Cheese
Steamed Carrots, ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Milk

23

BBQ Shredded Pork* on a
Soft Tortilla
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

24

Mama's Chicken Alfredo
w/ Penne Pasta
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Milk

25

Brunch for Lunch
Stuffed Cheese Omelet in a
Tortilla Shell
Potato Smile Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

26

UNO Cheese Pizza
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

29

Grilled Cheese Sandwich
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Assorted Fruit, ½ cup
Milk

30

Cowboy Beef Taco
w/cheese on a Soft Shell
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

31

Chicken BBQ Teriyaki
with Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk



Alternative Meal:
Yogurt, (2) 4 oz. & Large Muffin
Alternative meals are served
with main meal "sides."

*For Pork free schools- an
alternative protein will be
provided

Pre-K - 8 Grades: 1% and Fat
Free White Milk Offered Daily
K - 8 Grades: Fat Free
Chocolate Milk also offered
Tues and Thurs

Assorted Fruit = Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit

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- (2) fax: (202) 690-7442; or
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Available Daily

*Peanut Butter or Sun Butter & Jelly
Sandwiches
American Cheese Sandwiches
(Mayo/Mustard)*

**A side salad (1/2 cup) of leafy dark
green vegetable is offered daily.
½ cup Fresh Fruit options will be
offered daily
Select a fruit AND/OR vegetable
with your sandwich.**