



ELEMENTARY MENU

October
2016-17

Monday		Tuesday		Wednesday		Thursday		Friday	
Fat Free Chocolate, FF Strawberry,		1% White Milk		Meat on Pizza is: Chicken and Beef		Margarine Served w/Bread		Menu Subject to Change	
B	3	C	4	D	5	E	6	A	7
BBQ Rib Sandwich 4.71 oz (2.25oz M/MA, 2 oz WGR)		Mini Turkey Corn Dogs 4 oz (2 oz M/MA, @ oz WGR)		Breaded Chicken Fry Sticks 3.44 oz Whole Grain Bread(2) 1.97 oz 2 oz WGR		Pepperoni Pizza 5.05 oz (2 oz M/MA, 2 oz WGR, 1/8 Cup Vegetable)		Cheeseburger Sliders 4.35oz on Whole Grain Bun 2 oz, 2 WGR	
Baked Beans 3/4 Cup		Mini Carrots w/Ranch Dressing 3/4 Cup		Buttered Corn 3/4 Cup		Tossed Salad w/Romaine Lettuce 1/2 Cup		Potato Rounds 3/4 Cup	
Orange Juice 1/2 Cup		Fruit Cup 1/2 Cup		Orange Juice 1/2 Cup		Celery Stix w/Ranch Dressing 1/2 Cup		Orange Juice 1/2 Cup	
Assorted Milk 1 Cup		Assorted Milk 1 Cup		Assorted Milk 1 Cup		Petite Banana 1 Each Assorted Milk 1 Cup		Assorted Milk 1 Cup	
B	10	C	11	D	12	E	13	A	14
Pepperoni and Cheese Calzone 5.oz (2 oz M/MA, 2 oz WGR, 1/8 Cup Vegetable)		Taco Meat w/Cheese 3.67 oz (2.5oz M/MA, 1/8 cup Vegetable)		Grilled Cheese 4.31 oz (2 oz M/MA.)		Cheese Pizza 5.05 oz (2 oz M/MA, 2 oz WGR, 1/8 Cup Vegetable)		Baked Spaghetti w/Meat Sauce 2 oz M/MA, .75 oz WGR	
Mini Carrots w/Ranch Dressing 3/4 Cup Fruit Cup 1/2 Cup		Taco Chips or Flour Tortilla (2) 2 oz WGR		on Whole Grain Bread 2.3 oz (2 oz WGR)		Tossed Salad w/Romaine Lettuce 1/2 Cup		Slice of Whole Grain Bread(2) 1.97 oz 2 oz WGR	
Assorted Milk 1 Cup		Refried Beans 3/4 Cup		Buttered Corn 3/4 Cup		Celery Stix w/Ranch Dressing 1/2 Cup		Celery and Carrots w/Ranch Dressing 3/4 Cup	
		Sliced Apple 1/2 Cup		Orange Juice 1/2 Cup		Petite Banana 1 Each		Orange Juice 1/2 Cup	
		Assorted Milk 1 Cup		Assorted Milk 1 Cup		Assorted Milk 1 Cup		Assorted Milk 1 Cup	
B	17	C	18	D	19	E	20	A	21
Beef Hot Dog 2 oz (2oz M/MA) Whole Grain Bun 1.4 oz, 2 oz WGR		Grilled Italian Chicken Patty w/Cheese 2.54 oz (2.5oz M/MA)		Grilled Teriyaki Chicken Tenders 3 oz 2 oz M/MA		Pepperoni Pizza 5.05 oz (2 oz M/MA, 2 oz WGR, 1/8 Cup Vegetable)		Baked Macaroni & Cheese 8 oz 2 oz M/MA, .75 oz WGR	
Baked Beans 3/4 Cup		on a Whole Grain Bun 2 oz (2 oz WGR)		Whole Grain Bread(2) slices 1.97 oz 2 oz WGR		Tossed Salad w/Romaine Lettuce 1/2 Cup		Slice of Whole Grain Bread(2) 1.97 oz 2 oz WGR	
Orange Juice 1/2 Cup		Mini Carrots w/Ranch Dressing 3/4 Cup		Seasoned Fries 3/4 Cup		Celery Stix w/Ranch Dressing 1/2 Cup		Celery and Carrots w/Ranch Dressing 3/4 Cup	
Assorted Milk 1 Cup		Orange Juice 1/2 Cup		Fruit Cup 1/2 Cup		Petite Banana 1 Each		Orange Juice 1/2 Cup	
		Assorted Milk 1 Cup		Assorted Milk 1 Cup		Assorted Milk 1 Cup		Assorted Milk 1 Cup	
B	24	C	25	D	26	E	27	A	28
Cheeseburger Sliders 4.35oz on Whole Grain Bun 2 oz, 2 WGR		Taco Meat w/Cheese 3.67 oz (2.5oz M/MA, 1/8 cup Vegetable)		Turkey Submarine 5.35 oz (2 oz M/MA)		Cheese Pizza 5.05 oz (2 oz M/MA, 2 oz WGR, 1/8 Cup Vegetable)		Sloppy Joe 3.63 oz (2oz MMA)	
Potato Rounds 3/4 Cup		Taco Chips or Flour Tortilla (2) 2 oz WGR		Mini Carrots w/Ranch Dressing 3/4 Cup		Tossed Salad w/Romaine Lettuce 1/2 Cup		Celery and Carrots w/Ranch Dressing 3/4 Cup	
Orange Juice 1/2 Cup		Refried Beans 3/4 Cup		Fruit Cup 1/2 Cup		Celery Stix w/Ranch Dressing 1/2 Cup		Orange Juice 1/2 Cup	
Assorted Milk 1 Cup		Sliced Apple 1/2 Cup		Assorted Milk 1 Cup		Petite Banana 1 Each		Assorted Milk 1 Cup	
		Assorted Milk 1 Cup				Assorted Milk 1 Cup			
B	31								
Spooktacular Chicken Nuggets 2 oz M/MA, .75 oz WGR									
Slice of Whole Grain Bread(2) 1.97 oz 2 oz WGR									
Buttered Corn 3/4 Cup									
Fruit Cup 1/2 Cup									
Assorted Milk 1 Cup									