

6-12 Lunch – October 2017

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	
<p>Main entrées in bold 6-8 grade will have the first entrée option only</p> <p>Additional entrées: * Ham/Cheese sandwich on ww bread or wg sub bun * Turkey/cheese sandwich on ww bread or wg sub bun</p> <p>Sandwiches served with 1 mayo and/or mustard packet and all other meal components.</p> <p>Veggie Bar Daily Romaine lettuce Carrots Celery Cucumbers Peppers (red, orange) Tomatoes Dressings (lite ranch, lite raspberry vinaigrette, lite Italian or fat free French)</p> <p>Milk Offered Daily Fat free (skim) 1% (low-fat) Fat free Chocolate</p> <p>Key: wg = whole grain ww = whole wheat</p>	2 Chicken patty on wg bun or bbq rib on wg bun green beans Mandarin oranges ketchup, BBQ sauce	3 Wg pizza or meatball sub on wg bun corn pears	4 Chicken gravy on a biscuit or pulled pork on wg bun baked beans banana	5 Bosco cheese sticks or chips-n-cheese green beans pineapple salsa, lite sour cream	6 Mustang pizza or fish filet on wg bun corn fresh fruit ketchup, tartar sauce	
	9 Strawhats (tacos) or meatloaf cheese-burger on wg bun green beans peaches salsa, lite sour cream, ketchup	10 Wg pizza or chicken stir fry over rice corn pears	11 Hot dogs on wg bun or Philly cheese steak on wg bun baked beans banana ketchup, mustard, relish	12 Chicken patty on wg bun or sloppy joes on wg bun potato soup pineapple BBQ sauce, ketchup, mayo	13 No School	
	16 Cheeseburger on wg bun or ham-n-cheese wrap green beans peaches ketchup, mustard, relish	17 Meatballs with mashed potatoes or turkey melt on wg bun corn pears	18 Wg calzone or chicken salad on pretzel bun baked beans banana	19 Tator tot casserole or cheddarwurst on wg bun green beans Mandarin oranges ketchup, mustard, relish	20 Mustang pizza or fish filet on wg bun corn fresh fruit ketchup, tartar sauce	
	23 Fried chicken or mini corn dogs mashed potatoes & gravy green beans peaches margarine, ketchup	24 Wg pizza or pizza patty on wg bun corn pears	25 Chicken patty on wg bun or bbq pulled pork on wg bun baked beans banana BBQ sauce, ketchup, mayo	26 Chicken tenders or turkey melt on wg bun chicken noodle soup pineapple ketchup, BBQ sauce	27 Mustang pizza or fish filet on wg bun corn fresh fruit ketchup, tartar sauce	
	30 Nachos or chicken mashed potato bowl green beans peaches salsa, lite sour cream	31 Brunch for lunch ½ day school French toast with turkey sausage patty hash browns applesauce syrup cup, ketchup	<div style="border: 1px solid black; padding: 5px;"> <p>In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or handicap. If you have been discriminated against, please write immediately to the Secretary of Agriculture, Washington, D.C. 20250</p> </div>			