

6-12 Lunch – October 2018

	<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>	1 Chicken patty on wg bun or bbq rib on wg bun green beans Mandarin oranges ketchup, BBQ sauce	2 Wg pizza or meatball sub on wg bun corn pears	3 Chicken gravy on a biscuit or pulled pork on wg bun baked beans banana	4 Bosco cheese sticks or chips-n-cheese green beans pineapple salsa, lite sour cream	5 Mustang pizza or fish filet on wg bun corn fresh fruit ketchup, tartar sauce
	8 Strawhats (tacos) or meatloaf cheese-burger on wg bun green beans peaches salsa, lite sour cream, ketchup	9 Wg pizza or chicken stir fry over rice corn pears	10 Hot dog on wg bun or Philly cheese steak on wg bun baked beans banana ketchup, mustard, relish	11 Chicken patty on wg bun or sloppy joes on wg bun potato soup pineapple BBQ sauce, ketchup, mayo	12 Mustang pizza or fish filet on wg bun corn fresh fruit ketchup, tartar sauce
	15 Cheeseburger on wg bun or ham-n-cheese wrap green beans peaches ketchup, mustard, relish	16 Meatballs with mashed potatoes or turkey melt on wg bun corn pears	17 Wg calzone or chicken salad on pretzel bun baked beans banana	18 Tator tot casserole or cheddarwurst on wg bun green beans Mandarin oranges ketchup, mustard, relish	19 Mustang pizza or fish filet on wg bun corn fresh fruit ketchup, tartar sauce
	22 Fried chicken or mini corn dogs mashed potatoes & gravy green beans peaches margarine, ketchup	23 Wg pizza or pizza patty on wg bun corn pears	24 Cheeseburger on wg bun or Philly steak and cheese on wg bun baked beans banana BBQ sauce, ketchup, mayo	25 NO SCHOOL	26 NO SCHOOL
	29 Nachos or chicken mashed potato bowl green beans peaches salsa, lite sour cream	30 Wg calzone or pulled pork on wg bun corn pears	31 Hot dog on wg bun or ghou-lash baked beans banana ketchup, mustard, relish	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <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>	