

# K-5 Lunch – October 2018

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>Main entrées in bold</b></p> <p><b>Additional entrées:</b>            * Chef Salad with wg crackers, croutons, and 1 oz cup lite ranch dressing</p> <p>* Ham/cheese sandwich on ww bread or wg sub bun</p> <p>* Turkey/cheese sandwich on ww bread or wg sub bun</p> <p>Sandwiches served 1 mayo and/or mustard packet and all other meal components.</p> <p><b>Veggie Bar Daily</b>            Romaine lettuce            Carrots            Celery            Cucumbers            Peppers (red, orange)            Tomatoes            Dressings (lite Ranch)</p> <p><b>Milk Offered Daily</b>            Fat free (skim)            1% (low-fat)            Fat free chocolate</p> <p><b>Key:</b>            wg = whole grain            ww = whole wheat</p>	1 <b>Cheeseburger on wg bun</b> green beans peaches ketchup, mustard, relish	2 <b>Hammy sammy on wg bun</b> baked beans pears	3 <b>Wg pizza</b> corn banana	4 <b>Hot dog on wg bun</b> macaroni and cheese green beans strawberries ketchup, mustard, relish	5 <b>Chicken gravy on a biscuit</b> corn fresh fruit
	8 <b>Beef tacos</b> green beans peaches salsa, lite sour cream	9 <b>Wg pizza</b> corn pears	10 <b>Mustang pizza</b> baked beans banana	11 <b>Chicken tenders</b> homemade chicken noodle soup pineapple ketchup, bbq sauce	12 <b>Wg calzone</b> corn fresh fruit
	15 <b>Mini corn dogs</b> pasta green beans peaches ketchup	16 <b>Wg Pizza</b> corn pears	17 <b>Meatballs with mashed potatoes</b> baked beans banana	18 <b>Cheeseburger on wg bun</b> green beans Mandarin oranges ketchup, mustard, relish	19 <b>Wg cheesesticks</b> tomato soup fresh fruit
	22 <b>Chips and cheese with meat</b> green beans peaches salsa, lite sour cream	23 <b>Hotdog on wg bun</b> baked beans pears ketchup, mustard, relish	24 <b>Mustang pizza</b> corn banana	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>
	29 <b>Square cheese breadsticks</b> green beans peaches	30 <b>Wg pizza</b> corn pears	31 <b>Chicken gravy over a biscuit</b> baked beans banana		
				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	