



**SIMPLY GOOD**



**SWOW Lunch Menu with Salad Bar**

**October 5 - 9**

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili w/ Whole Grain Cornbread	Ukranian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Homemade Cheese Pizza on Whole Grain Crust	<b>PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</b>
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar Cheese	
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p><b>Top With:</b> Shredded Cheddar</p> <p><b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p><b>Finish With:</b> Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	
 Hot & Cold Sides Available At All Stations	Sweet Potato Wedges  Fresh Cucumber Tomato Salad  Fresh Local Apple  Assorted Fruit	Fresh Roma Roasted Local Red Potatoes  Fresh Broccoli w/ Light Dressing  Pineapple Cup  Assorted Fruit	Seasoned Carrots  Fresh Cucumber Coins w/Light Dressing  Fresh Banana  Assorted Fruit	Southwest Pinto Beans  Fresh Local Kale Salad  Fresh Orange  Assorted Fruit	



## SWOW Lunch Menu with Salad Bar

October 12 - 16

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International	<b>COLUMBUS DAY NO SCHOOL</b>	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo Chicken Wrap	Homemade Cheese Pizza on Whole Grain Crust	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice*
 Tasty Hand-Held Hot Sandwiches	Happy Columbus Day! 	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Pizza Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p><b>Top With:</b> Shredded Cheddar</p> <p><b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p><b>Finish With:</b> Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads		Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Hot & Cold Sides Available At All Stations		Green Beans Italiano  Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple  Assorted Fruit	Seasoned Corn  Fresh Romaine & Tomato Side Salad  Fresh Orange  Assorted Fruit	Seasoned Carrots  Fresh Celery Sticks w/Light Dressing  Fresh Banana  Assorted Fruit	Fiesta Black Beans  Fresh Broccoli w/ Light Dressing  100% Grape Juice  Assorted Fruit



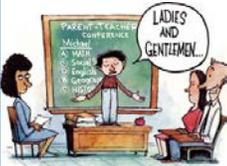
# SIMPLY GOOD



## SWOW Lunch Menu with Salad Bar

October 19 - 23

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	<b>PARENT TEACHER CONFERENCE NO SCHOOL</b>	Homemade Cheese Pizza on Whole Grain Crust	<b>Curacao International Day</b> Chicken Stoba w/Red Beans & Rice 	Vegetarian Stir Fry	Panes Rellenos (Salvadoran Chicken Torta)
 Tasty Hand-Held Hot Sandwiches		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on a Whole Grain Bun w/Toppings Bar	Santa Fe Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama <b>Top With:</b> Shredded Cheddar <b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans <b>Finish With:</b> Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks				
 Grab & Go Cold Sandwiches and Salads		Homemade Chicken Salad on Whole Grain Bread	Vegetable Stew w/Red Beans & Rice 	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Hot & Cold Sides Available At All Stations		Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Stewed Cabbage & Zucchini Fresh Romaine w/Tomatoes & Cucumbers Fresh Local Apple Assorted Fruit	Seasoned Carrots Fresh Celery Sticks w/ Light Dressing Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit



## SWOW Lunch Menu with Salad Bar

October 26 - 30

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on <b>Whole Grain Bun</b>	Open Face Turkey Sandwich on <b>Whole Grain Bread</b> w/Gravy	Haitian Style Fish w/ Creole Rice and Beans	Whole Grain Rotini w/Mozzarella Sauce	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	<b>Chicken Nuggets</b> w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	<b>Turkey Hot Dog</b> on <b>Whole Grain Bun</b> w/Toppings Bar	Cheeseburger on <b>Whole Grain Bun</b> w/Lettuce & Tomato Garnish	<b>Spicy Chicken Sandwich</b> on <b>Whole Grain Bun</b>
 Self-Serve Salad Bar Available Daily	<p><b>Start With:</b> Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, <b>Sliced Local Button Mushrooms</b>, Sliced Radishes, Fresh Jicama</p> <p><b>Top With:</b> Shredded Cheddar</p> <p><b>Add On:</b> Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p><b>Finish With:</b> Diced Turkey Ham, <b>Sliced Fresh Local Eggs</b>, <b>Garlic Croutons</b>, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & <b>Whole Grain Garlic Bun</b>	<b>Homemade Chicken Salad</b> on <b>Whole Grain Bread</b>	Mexican Corn Salad w/Black Beans & <b>Whole Grain Tortilla Chips</b>	Turkey Pastrami on <b>Whole Grain Roll</b> w/ Mustard	<b>Homemade Egg Salad Sandwich</b> on <b>Whole Grain Bread</b>
 Hot & Cold Sides Available At All Stations	<b>Local Fresh Baked Sweet Potato</b> w/Cinnamon  Fresh Homemade Confetti Coleslaw  <b>Fresh Local Apple</b>  Assorted Fruit	Mashed Potatoes w/ Gravy  Fresh Celery w/ Light Dressing  Pineapple Cup  Assorted Fruit	Glazed Carrots  <b>Fresh Local Tuscan Kale Salad</b>  Fresh Orange  Assorted Fruit	Garlic Lemon Broccoli  Fresh Cucumber & Tomato Salad  Fresh Banana  Assorted Fruit	Fiesta Black Beans  Fresh Baby Carrots w/ Light Dressing  <b>100% Grape Juice</b>  Assorted Fruit