

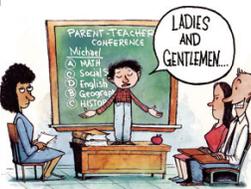
# SIMPLY GOOD



## STAY Lunch Menu

October 5 - 30

All breakfasts are FREE. Full student breakfast includes choice of entrée, two fruit choices and choice of 1% or skim milk. 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)!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct 5</b>	<b>Oct 6</b>	<b>Oct 7</b>	<b>Oct 8</b>	<b>Oct 9</b>
Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread  Sweet Potato Wedges Fresh Cucumber Tomato Salad  <b>Fresh Local Apple</b>	<b>Ukrainian Chicken</b> w/Whole Grain Garlic Bun  Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing  Pineapple Cup	Barbecue Turkey on <b>Whole Grain Bun</b>  Southwest Pinto Beans Fresh Cucumber Coins w/ Light Dressing  Fresh Banana	Pizza Burger  Seasoned Carrots  <b>Fresh Local Kale Salad</b>  Fresh Orange	<b>PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</b>  
<b>Oct 12</b>	<b>Oct 13</b>	<b>Oct 14</b>	<b>Oct 15</b>	<b>Oct 16</b>
<b>COLUMBUS DAY NO SCHOOL</b>  Happy Columbus Day!  	Whole Grain Spaghetti w/ Turkey Meatballs  Green Beans Italiano Fresh Baby Carrots w/ Light Dressing  <b>Fresh Local Apple</b>	<b>Turkey Hot Dog on Whole Grain Bun</b> w/ Toppings Bar  Seasoned Corn Fresh Romaine & Tomato Side Salad  Fresh Orange	Santa Fe Burger on <b>Whole Grain Bun</b>  Seasoned Carrots Fresh Celery Sticks w/Light Dressing  Fresh Banana	<b>Pescada a la Mexicana</b> (Mexican Style Baked Fish) w/Spanish Brown Rice*  Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing  <b>100% Grape Juice</b>
<b>Oct 19</b>	<b>Oct 20</b>	<b>Oct 21</b>	<b>Oct 22</b>	<b>Oct 23</b>
<b>PARENT TEACHER CONFERENCE NO SCHOOL</b>  	Homemade Cheese Pizza on Whole Grain Crust  Seasoned Corn Fresh Cucumber Coins w/Light Dressing  Pineapple Cup	<b>Curacao International Day</b>   <b>Chicken Stoba</b> w/Red Beans & Rice  <b>Stewed Cabbage</b> Fresh Romaine w/Tomatoes & Cucumbers  <b>Fresh Local Apple</b>	Pizza Burger on <b>Whole Grain Bun</b>  Seasoned Carrots Fresh Celery Sticks w/ Light Dressing  Fresh Banana	<b>Panes Rellenos</b> (Salvadoran Chicken Torta)  Fiesta Black Beans Fresh Baby Carrots w/Light Dressing  Fresh Orange
<b>Oct 26</b>	<b>Oct 27</b>	<b>Oct 28</b>	<b>Oct 29</b>	<b>Oct 30</b>
Hot Turkey Meatball Sub on <b>Whole Grain Bun</b>  <b>Local Fresh Baked Sweet Potato w/Cinnamon</b> Homemade Confetti Coleslaw  <b>Fresh Local Apple</b>	Open Face Turkey Sandwich on <b>Whole Grain Bread</b> w/Gravy  Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing  Pineapple Cup	<b>Turkey Hot Dog on Whole Grain Bun</b> w/Toppings Bar  Glazed Carrots <b>Fresh Local Tuscan Kale Salad</b>  Fresh Orange	Charbroiled Cheeseburger on <b>Whole Grain Bun</b> w/ Lettuce & Tomato Garnish  Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad  Fresh Banana	Homemade Cheese Pizza on Whole Grain Crust  Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing  <b>100% Grape Juice</b>

USDA is an equal opportunity provider and employer.