



SIMPLY GOOD



Elementary (K-5) Lunch Menu

October 2015

The cost of a paid student meal is \$2.10 for elementary students. 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)!

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll Fresh Roma Roasted Local Red Potatoes Fresh Cucumber & Tomato Salad Fresh Local Apple	Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons Southwest Pinto Beans Fresh Broccoli w/Light Dressing Pineapple Cup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Cucumber Coins Fresh Banana	Pizza Burger on Whole Grain Bun OR Italian Bagel Sweet Potato Wedges Fresh Local Kale Caesar Salad Fresh Orange	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL 
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
COLUMBUS DAY NO SCHOOL 	Whole Grain Spaghetti w/ Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Fiesta Black Beans Fresh Romaine and Tomato Side Salad Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein Seasoned Carrots Fresh Celery Sticks w/ Light Dressing Fresh Banana	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean & Cheese Burrito Seasoned Corn Fresh Broccoli w/ Light Dressing 100 % Grape Juice
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
PARENT TEACHER CONFERENCE NO SCHOOL 	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Curacao International Day Chicken Stoba – Stewed Chicken w/Red Beans & Rice Vegetable Stew w/Red Beans & Rice Stewed Cabbage & Zucchini Fresh Romaine w/Tomatoes & Cucumbers Fresh Local Apple	Cheeseburger on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Broccoli w/ Light Dressing Fresh Orange
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Buffalo Chicken Wrap OR Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Roll Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Fresh Local Apple	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy Fresh Cucumber Coins Pineapple Cup	Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange	Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar Cheese OR Vegetarian Caesar Salad Garlic Lemon Broccoli Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Banana	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Grain Bun OR Cheese and Yogurt Plate Local Fresh Baked Sweet Potato w/Cinnamon Fresh Homemade Confetti Coleslaw 100 % Grape Juice

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