

# Lunch Includes:

- \*Main or Alternate Entree
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk




# October, 2018

Monthly Menu  
Price Per Lunch \$2.75



If writing a check, please make payable to: **DOC Nutrition Services**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> French Toast Sticks with Syrup or A) Chicken Nuggets with a Roll Tator Tots Peach Cup or Seasonal Fresh Fruit 	<b>2</b> Walking Taco (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	<b>3</b> Salisbury Steak with Gravy & a Breadstick or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	<b>4</b> Popcorn Chicken with Rice (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	<b>5</b> Cheese Stuffed Breadsticks with Marinara Dipping Sauce or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
<b>8</b> Cheeseburger Sliders or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit 	<b>9</b> Fiestada Pizza or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	<b>10</b> Pasta with Meat Sauce & Garlic Toast or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	<b>11</b> Honey BBQ Riblets with a Breadstick or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	<b>12</b> NO School - Teacher In Service Day
National School Lunch Week! October 15th-19th				
<b>15</b> Salisbury Steak with Gravy & a Roll or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	<b>16</b> Oven Baked Chicken with Corn Muffin or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	<b>17</b> Personal Pepperoni Pizza or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	<b>18</b> Chicken Tenders or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	<b>19</b> Mozzarella Sticks with Dipping Sauce or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
<b>22</b> Cheese Quesadilla with Salsa or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	<b>23</b> Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	<b>24</b> Meatball Sub or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	<b>25</b> Crispy Oven Fried Chicken Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	<b>26</b> Grilled Cheese Sandwich or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
<b>29</b> French Toast Sticks with Syrup or A) Chicken Nuggets with a Roll Tator Tots Peach Cup or Seasonal Fresh Fruit 	<b>30</b> Walking Taco (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	<b>31</b> Salisbury Steak with Gravy & a Breadstick or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	<b>HAPPY HALLOWEEN</b> 	

\*Please note that regulations require that at least one vegetable or fruit side be chosen with each lunch.

Look on reverse side for fun and learning with Chef Louie

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**

This institution is an equal opportunity provider.