

October 2019

Elementary School Menu

LUNCH



National Pizza Month!

Every Friday, the Cafeteria will be serving
PIZZA!
Don't miss out!



Nutrition Tip: Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, and broccoli.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Cheese Enchilada w/
Sauce

7

Corn Dog

Tater Tots

Chicken Patty
(Regular or Spicy)
On Bun

8

Tater Tots

Chicken Nuggets

9

Yogurt and Sunflower Seeds

Scooby Grahams

Breadsticks/
Marinara Sauce Cup

10

Grilled Cheese Sandwich

Galaxy Pizza

11

Wild Mike's Pepperoni Pizza

Chicken Tenders

14

Queso Bites

Hamburger

15

Soft Taco Stick

Chicken Nuggets

16

Sliced Turkey Sandwich

Potato Triangle

Nacho Supreme w/
Tortilla Chips/ Cheese Dip

17

Beef and Cheese Tamale

Big Daddy Pizza

18

Cheese or Pepperoni

Cheese Enchilada w/
Sauce

21

Corn Dog

Tater Tots

Chicken Patty
(Regular or Spicy)
On Bun

22

Tater Tots

Chicken Nuggets

23

Yogurt &
Sunflower Seeds

Scooby Grahams

Breadsticks/
Marinara Sauce Cup

24

Grilled Cheese Sandwich

Galaxy Pizza

25

Pizza Crunchers

Chicken Tenders

28

Queso Bites

Hamburger

29

Soft Taco Stick

Chicken Nuggets

30

Sliced Turkey Sandwich

Potato Triangle

Beef Rib Patty
Sandwich
PB&J Sandwich w/
String Cheese
Cookie

31

