

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

Enchilada de queso con
salsa
"Corn Dog"
Papitas

Hamburguesa de Pollo
(Regular or Picoso)
en pan
Papitas

Trocitos de Pollo
Yogur y Semillas
Galletas "Scooby Doo"

Palitos de Pan/
Salsa Marinara
Sandwich de queso a la
parilla

Pizza "Galaxy"
Pizza Pepperoni "Wild
Mike's"

Tiras de Pollo
Bolitas de Queso

Hamburguesa
Taco de Tortilla

Trocitos de Pollo
Sandwich de Pavo
Papitas

Nacho Supreme w/
Duritos/ Dip de Queso
Tamale de Res y queso

Pizza "Big Daddy"
Queso o Pepperoni

Enchilada de queso con
salsa
"Corn Dog"
Papitas

Hamburguesa de Pollo
(Regular or Picoso)
en pan
Papitas

Trocitos de Pollo
Yogur y Semillas
Galletas "Scooby Doo"

Palitos de Pan/
Salsa Marinara
Sandwich de queso a la
parilla

Pizza "Galaxy"
Crujientes de Pizza

Tiras de Pollo
Trocitos de Queso

Hamburguesa
Taco Blandito

Trocitos de Pollo
Sandwich de Pavo
Papitas

empanada de costilla de res
El Sandwich de Mantequilla de
mani y jalea w/ String Cheese

