



# Menu for the week of

**10/2/2017**

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**10/6/2017**

	<b>10/2/2017 Monday</b>	<b>10/3/2017 Tuesday</b>	<b>10/4/2017 Wednesday</b>	<b>10/5/2017 Thursday</b>	<b>10/6/2017 Friday</b>
<b>Soup</b>	Chicken Noodle	*****	Italian Wedding	*****	*****
<b>Chef's Entree</b>	BBQ Smoked Sausage Mac 'n Cheese	Soft Beef Taco Spanish Rice	Spaghetti with Meat Sauce Breadstick	Chicken and Noodles	Pepperoni/Cheese Pizza served with Fresh Fruit
<b>Fresh Vegetables</b>	Broccoli	Corn	Side Salad	Green Beans	Side Salad
<b>Kid Pick</b>	Chicken Tenders	Hamburger/Cheeseburger Wedge Fries	Chicken Nuggets w/ Potato Tots	Corn Dog w/ Chips	Pasta w/ Marinara
<b>Kid Pick Sides</b>	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup
<b>Deli Sandwich</b>	BLT	Grilled Chicken Wrap	Ham and Cheese	Veggie Wrap	*****
<b>Salad of the Day</b>	Chef Salad	Southwest Taco Salad	Grilled Chicken Salad	Greek Salad	Chicken Caesar Salad
<b>Baked Potatoes</b>	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream
<b>Beverages</b>	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water
<b>Dessert</b>	Vanilla Pudding	Jello	Cookie	Brownie	Peach Cup

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

**PreK-1st - \$4.90; 2nd-5th \$5.50; 6th-8th \$6.05**

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP



**Scroll Down for Next Week's Menu**



# Menu for the week of

**10/9/2017**

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**10/13/2017**

	<b>10/9/2017 Monday</b>	<b>10/10/2017 Tuesday</b>	<b>10/11/2017 Wednesday</b>	<b>10/12/2017 Thursday</b>	<b>10/13/2017 Friday</b>
<b>Soup</b>		*****	Vegetable	*****	*****
<b>Chef's Entree</b>	Teacher In-Service	Chicken Quesadilla with Southwestern Rice	Brunch for Lunch	Chicken Alfredo Breadstick	Pepperoni/Cheese Pizza served with Fresh Fruit
<b>Fresh Vegetables</b>		Refried Beans	Hash Browns	Mixed Veggies	Side Salad
<b>Kid Pick</b>		Hot Dog w/Chili & Cheese Chips	Fish Sticks	Corn Dog & Tater Tots	Pasta & Marinara
<b>Kid Pick Sides</b>		Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup
<b>Deli Sandwich</b>		Grilled Chicken Wrap	Ham and Cheese	Veggie Wrap	*****
<b>Salad of the day</b>		Taco Salad	Grilled Chicken Salad	Spinach Salad	Chicken Caesar Salad
<b>Baked Potatoes</b>		Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream
<b>Beverages</b>		100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water
<b>Dessert</b>		Jello	Baked Apples	Cookie	Mandarin Orange Cup

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

**PreK-1st - \$4.90; 2nd-5th \$5.50; 6th-8th \$6.05**

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP



**DINING SERVICE**

**Scroll Down for Next Week's Menu**



# Menu for the week of

**10/16/2017**

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**10/20/2017**

	<b>10/16/2017 Monday</b>	<b>10/17/2017 Tuesday</b>	<b>10/18/2017 Wednesday</b>	<b>10/19/2017 Thursday</b>	<b>10/20/2017 Friday</b>
<b>Soup</b>	Chicken Noodle	*****	Tuscan Vegetable	*****	*****
<b>Chef's Entree</b>	Salisbury Steak with Mashed Potatoes and Gravy	Beef and Bean Burrito with Spanish Rice	Meatball Sub with Curly Fries	Orange Chicken with Asian Rice	Pepperoni/Cheese Pizza served with Fresh Fruit
<b>Fresh Vegetables</b>	Buttered Carrots	Corn	Mixed Veggies	Broccoli	Side Salad
<b>Kid Pick</b>	Chicken Nuggets	Hot Dog w/Chili & Cheese Chips	Chicken Tenders	Grilled Cheese with Chips	Pasta Alfredo
<b>Kid Pick Sides</b>	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup
<b>Deli Sandwich</b>	Wow Butter & Jelly	Chicken Wrap	BLT	Ham and Cheese	*****
<b>Salad of the Day</b>	Chicken Caesar	Taco Salad	Crispy Chicken Salad	Spinach Salad	Chicken Caesar
<b>Baked Potatoes</b>	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream
<b>Beverages</b>	100% Real Apple, Orange Juice, 21% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 21% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 21% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 21% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 21% Milk or Fat Free Chocolate Milk, Water
<b>Dessert</b>	Vanilla Pudding	Jello	Cookie	Brownie	Peach Cup

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

**PreK-1st - \$4.90; 2nd-5th \$5.50; 6th-8th \$6.05**

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP



**DINING SERVICE**

**Scroll Down for Next Week's Menu**



# Menu for the week of

**10/23/2017**

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**10/27/2017**

	<b>10/23/2017 Monday</b>	<b>10/24/2017 Tuesday</b>	<b>10/25/2017 Wednesday</b>	<b>10/26/2017 Thursday</b>	<b>10/27/2017 Friday</b>
<b>Soup</b>	Chicken Noodle	*****	*****		
<b>Chef's Entree</b>	Brunch for Lunch	Chicken Enchilladas with Spanish Rice	Egg Roll with Asian Rice	Parent/Teacher Conferences	Parent/Teacher Conferences
<b>Fresh Vegetables</b>	Hash Browns	Side Salad	Broccoli		
<b>Kid Pick</b>	Chicken Tenders	Corn Dog with Chips	Hamburger with Tater Tots		
<b>Kid Pick Sides</b>	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup		
<b>Deli Sandwich</b>	BLT	Southwest Chicken Wrap	Ham and Cheese		
<b>Salad of the Day</b>	Crispy Chicken Salad	Taco Salad	Grilled Chicken Salad		
<b>Baked Potatoes</b>	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream		
<b>Beverages</b>	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water		
<b>Dessert</b>	Baked Apples	Cookie	Jello		

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

**PreK-1st - \$4.90; 2nd-5th \$5.50; 6th-8th \$6.05**

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP



**DINING SERVICE**

**Scroll Down for Next Week's Menu**



# Menu for the week of

**10/30/2017**

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**11/3/2017**

	<b>10/30/2017 Monday</b>	<b>10/31/2017 Tuesday</b>	<b>11/1/2017 Wednesday</b>	<b>11/2/2017 Thursday</b>	<b>11/3/2017 Friday</b>
<b>Soup</b>	Potato Soup	*****	Vegetable	*****	*****
<b>Chef's Entree</b>	Chicken Fried Steak with Mashed Potatoes and Gravy	Chicken Quesadilla with Spanish Rice	Ravioli with Breadstick	Egg Rolls with Asian Rice	Pepperoni/Cheese Pizza served with Fresh Fruit
<b>Fresh Vegetables</b>	Peas	Refried Beans	Mixed Veggies	Buttered Carrots	
<b>Kid Pick</b>	Chicken Tenders	Hamburger/Cheeseburger with Wedge Fries	Hot Dogs with Chili & Cheese Chips	Grilled Cheese	Pasta w/ Marinara
<b>Kid Pick Sides</b>	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup	Carrot, Celery, Cucumber Cup
<b>Deli Sandwich</b>	Grilled Chicken Wrap	BLT	Wow Butter & Jelly	Southwestern Chicken Wrap	*****
<b>Salad of the Day</b>	Crispy Chicken Salad	Taco Salad	Chef Salad	Garden Salad	Chicken Caesar Salad
<b>Baked Potatoes</b>	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream
<b>Beverages</b>	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water	100% Real Apple, Orange Juice, 1% Milk or Fat Free Chocolate Milk, Water
<b>Dessert</b>	Chocolate Pudding	Jello	Cookie	Brownie	Peaches

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

**PreK-1st - \$4.90; 2nd-5th \$5.50; 6th-8th \$6.05**

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP



**DINING SERVICE**