



October 2017 K-8 Lunch Menu

<p>2 WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Apple (1/2c) Milk (1c) <i>ca=638 cb=103 so=781</i></p>	<p>3 BBQ Beef Rib & WG Bun (2m, 1.5wg) BBQ Sauce Hash Brown (1/4s) Carrot Sticks (1/2r) Whole Banana (1/2c) Milk (1c) <i>ca= 600 cb=93 so=1000</i></p>	<p>4 WG Chicken Nuggets (2m, 1wg) Ketchup Bear Grahams (1wg) Green Beans (3/4o) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=80 so=971</i></p>	<p>5 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 620 cb=80 so=841</i></p>	<p>6 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i></p>
<p>9 Salisbury Steak & Gravy (2m) Mashed Potatoes (3/4s) WG Dinner Roll (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 610 cb=75 so=1222</i></p>	<p>10 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 635 cb=101 so=1168</i></p>	<p>11 Beef Meatball Sub & WG Bun (1.6m, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=76 so=1004</i></p>	<p>12 WG Chicken Nuggets (2m, 1wg) Ketchup Green Beans (3/4o) WG Cheez-Its (1wg) Fresh Cut Pineapple(1/2c) Milk (1c) <i>ca=600 cb=73 so=1088</i></p>	<p>13 Tony's WG Cheese Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=97 so=970</i></p>
<p>16 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Green Beans (3/4o) Whole Apple (1/2c) Milk (1c) <i>ca= 625 cb=76 so=947</i></p>	<p>17 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 608 cb=103 so=771</i></p>	<p>18 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) Ranch Carrot Sticks (1/2r) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=95 so=1117</i></p>	<p>19 WG Chicken Corndog (2m,2wg) Corn (3/4s) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=84 so=1030</i></p>	<p>20 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i></p>
<p>23 WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Apple (1/2c) Milk (1c) <i>ca=638 cb=103 so=781</i></p>	<p>24 BBQ Beef Rib & WG Bun (2m, 1.5wg) BBQ Sauce Hash Brown (1/4s) Carrot Sticks (1/2r) Whole Banana (1/2c) Milk (1c) <i>ca= 600 cb=93 so=1000</i></p>	<p>25 WG Chicken Nuggets (2m, 1wg) Ketchup Bear Grahams (1wg) Green Beans (3/4o) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=80 so=971</i></p>	<p>26 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 620 cb=80 so=841</i></p>	<p>27 Tony's WG Cheese Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=97 so=970</i></p>
<p>30 Salisbury Steak & Gravy (2m) Mashed Potatoes (3/4s) WG Dinner Roll (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 610 cb=76 so=1222</i></p>	<p>31 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 635 cb=101 so=1168</i></p>		<p><i>ca = calories grams cb = carbohydrates grams so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered All bread items whole grain</i></p>	<p><i>m = meat/protein wg = whole grain r = red/orange l = legume o = other s = starchy g = green</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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