

WAYZATA ELEMENTARY SCHOOL OCTOBER LUNCH MENU

May contain pork
 Farm2School
 Homemade
 Vegetarian

2013-2014 LUNCH PRICES

Elementary.....\$2.50 (includes milk)
 Secondary.....\$2.85 (includes milk)
 Adult.....\$3.65 (includes milk)
 Additional Milk\$0.50

Milk Choices--
 Skim, 1%, Chocolate Skim
 Lactose Reduced Milk is
 available upon written
 request from the student's
 parent or guardian.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW RECIPES Rancho Beans October 1 st Black Bean Burrito October 8 th	ENTREES 1. 1. Corn Dog 2. Fish Filet on Goldfish Bread SIDES Rancho Beans Fresh Veggies w/Dip Choice of Fresh Fruit Sun Chips GRAB & GO 3. Southwest Fiesta Salad w/Breadstick & Cheese	ENTREES 2. 1. Cinnamon Swirl French Toast w/Sausage Link 2. Hot Egg & Cheese Bagel Sandwich SIDES Breakfast Potatoes Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Turkey Provolone Sandwich w/Pretzels	ENTREES 3. 1. Curly Spaghetti w/Meat Sauce 2. Italian Dunkers SIDES Sassy Caesar Tossed Salad Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Cereal Bowl w/Cheese & Mini Bagel	ENTREES 4. 1. Personal Pan Cheese Pizza 2. Honey BBQ Chicken Bites SIDES Incredible Italian Tossed Salad Fresh Carrots w/Dip Choice of Fresh Fruit GRAB & GO 3. Peanut Butter & Jelly Sandwich w/Grahams
ENTREES 7. 1. Orange Chicken 2. California Burger SIDES Savory Brown Rice Steamed Broccoli Trees Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Yogurt Cup w/Muffin & Cheese	ENTREES 8. 1. Soft Shell Beef Taco 2. Black Bean Burrito SIDES Assorted Taco Fixings Chips & Salsa Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Chicken Caesar Salad w/Soft Breadstick	ENTREES 9. 1. Hot Dog on WG Bun 2. Hot Ham & Cheese Sandwich SIDES Smiley Fries Brainy Bakes Beans Crazy Carrots w/Dip Choice of Fresh Fruit GRAB & GO 3. Goldfish Cheese Sandwich w/Crackers	ENTREES 10. 1. Cheese Pizza 2. Chicken Filet Sandwich SIDES Perfect Peas & Carrots Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Cereal w/Hard-Cooked Egg & Cinni-Breadsticks	ENTREES 11. 1. Baked Beef Rigatoni 2. Mini Corn Dogs SIDES Ranchy Tossed Salad Crisp Carrots w/Dip Choice of Fresh Fruit Orange Sherbet GRAB & GO 3. Peanut Butter & Jelly Sandwich w/Grahams
ENTREES 14. 1. Mini Pancakes 2. Colby Cheese Omelet w/English Muffin SIDES Sausage Link Hashbrown Stick Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Yogurt Cup w/Grahams & Sunflower Seeds	ENTREES 15. 1. Meatball Sub 2. Pizza Sticks w/Dipping Sauce SIDES Silly Caesar Tossed Salad Crisp Carrot Sticks w/Dip Choice of Fresh Fruit GRAB & GO 3. Chicken Caesar Wrap w/Corn Chips	ENTREES 16. 1. Sloppy Joe on WG Bun 2. Chicken Tenders SIDES Glazed Acorn Squash Fresh Veggies w/Dip Choice of Fresh Fruit Mini Rice Krispy Treat GRAB & GO 3. Yogurt & Fruit Parfait w/Cinni-Breadsticks	NO SCHOOL 17.  Happy National School Lunch Week! It's been a great start to the year-- keep eating those fruits & veggies!	
ENTREES 21. 1. Teriyaki Chicken Dippers 2. BBQ Riblet on WG Bun SIDES Savory Brown Rice Rad Red Pepper Strips Choice of Fresh Fruit Fortune Cookie GRAB & GO 3. Yogurt Cup w/Muffin & Cheese	ENTREES 22. 1. Beef Nachos Grande 2. Cheese Quesadilla SIDES Assorted Fixings Ritzy Refried Beans Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Grilled Chicken Salad w/Dinner Roll	ENTREES 23. 1. Cheese Lasagna 2. Chicken Nuggets SIDES Garlic Breadstick Cute Carrots w/Dip Choice of Fresh Fruit GRAB & GO 3. Mini Sub Sandwich w/Goldfish Crackers	ENTREES 24. 1. Cheese Pizza 2. BBQ Chicken Sandwich SIDES Steamed Corn Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Cereal w/Sunflower Seeds & Cinni-Breadsticks	ENTREES 25. 1. Grilled Cheese Sandwich 2. Hamburger SIDES Tasty Tomato Soup Fresh Veggies w/Dip Choice of Fresh Fruit Goldfish Crackers GRAB & GO 3. Peanut Butter & Jelly Sandwich w/Grahams
ENTREES 28. 1. Cheeseburger 2. Chicken Tenders SIDES Apples w/Caramel Dip Super Sweet Potato Puffs Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Yogurt Cup w/Grahams & Hard-Cooked Egg	ENTREES 29. 1. Corn Dog 2. Fish Filet on Goldfish Bread SIDES Brilliant Baked Beans Fresh Veggies w/Dip Choice of Fresh Fruit Sun Chips GRAB & GO 3. Southwest Fiesta Salad w/Breadstick & Cheese	ENTREES 30. 1. Cinnamon Swirl French Toast w/Sausage Link 2. Hot Egg & Cheese Bagel Sandwich SIDES Breakfast Potatoes Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Turkey Provolone Sandwich w/Pretzels	ENTREES 31. 1. Curly Spaghetti w/Meat Sauce 2. Italian Dunkers SIDES Sassy Caesar Tossed Salad Fresh Veggies w/Dip Choice of Fresh Fruit GRAB & GO 3. Cereal Bowl w/Cheese & Mini Bagel	FARM2SCHOOL LOCAL FARMS FRESH FOOD Glazed Acorn Squash October 16 th Apples October 28 th