

# October 2014



Peanut Butter and Jelly Sandwiches are available every day as a menu alternative.  
Only whole grains are served. Fruit is offered with every meal.  
Nonfat Chocolate Milk (without high fructose corn syrup) & 1% Milk are offered.  
Our Healthy Choice Salad Bar offers a selection of fresh vegetables daily.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Fish Sandwich Mashed Potatoes Healthy Choice Bar	2 NO SCHOOL	3 NO SCHOOL	4
5	6 NO SCHOOL	7 Meatball Sub Baked Beans Healthy Choice Bar	8 Chicken Nuggets Mashed Potatoes Whole Grain Animal Crackers Healthy Choice Bar	9 Pizza Healthy Choice Bar	10 Fish Taco Shredded Cheese Salsa Healthy Choice Bar	11
12	13 Tangerine Chicken Brown Rice Healthy Choice Bar	14 Pork Tortilla Black Bean Salsa Healthy Choice Bar	15 Chicken Sandwich Greek Yogurt Healthy Choice Bar	16 Pizza Healthy Choice Bar	17 Hearty Bean Soup Soft Breadsticks Healthy Choice Bar	18
19	20 Asian Meatball Sandwich Healthy Choice Bar	21 Luau Pork Wrap Healthy Choice Bar	22 Chili Shredded Cheese Twin Breadsticks Healthy Choice Bar	23 Pizza Healthy Choice Bar	24 Chicken Nuggets Refried Beans Healthy Choice Bar	25
26	27 Mini Pancakes Greek Yogurt Healthy Choice Bar	28 Teriyaki Chicken Brown Rice Healthy Choice Bar	29 Bean & Cheese Burrito Salsa Healthy Choice Bar	30 Pizza Healthy Choice Bar	31 NO SCHOOL	

Menu is subject to change.

"USDA is an equal opportunity provider and employer"