

Lunch Includes:

- *Main or Alternate Entree
- *Choice of Vegetable Side
- *Choice of Fruit Side
- *1/2 Pint Milk



October, 2018



Monthly Menu
Price Per Lunch \$2.75



If writing a check, please make payable to: DOC Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks with Syrup 1 or A) Chicken Nuggets with a Roll Tator Tots Peach Cup or Seasonal Fresh Fruit 	Walking Taco 2 (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick 3 or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice 4 (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce 5 or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
Cheeseburger Sliders 8 or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit 	Fiestada Pizza 9 or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast 10 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 11 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod 12 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
National School Lunch Week! October 15th-19th				
Salisbury Steak with Gravy & a Roll 15 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Oven Baked Chicken with Corn Muffin 16 or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza 17 or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	Chicken Tenders 18 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce 19 or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa 22 or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos 23 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Meatball Sub 24 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll 25 or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich 26 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
French Toast Sticks with Syrup 29 or A) Chicken Nuggets with a Roll Tator Tots Peach Cup or Seasonal Fresh Fruit 	Walking Taco 30 (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick 31 or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit		

*Please note that regulations require that at least one vegetable or fruit side be chosen with each lunch.

Look on reverse side for fun and learning with Chef Louie

SUBSTITUTION OF ITEMS MAY BE NECESSARY

This institution is an equal opportunity provider.