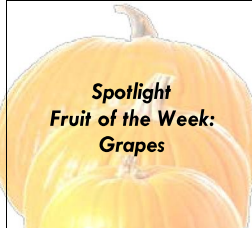


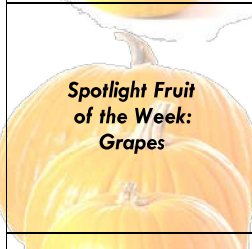



# K-8 LunchSmart Menu

## October 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Spotlight Fruit of the Week: Grapes</b></p>	<b>October 2</b> <b>Orange Chicken</b> Brown Rice* Sliced Carrots Fruit	<b>October 3</b> <b>All-Beef Hot Dog on a Bun*</b> Oven-Baked Spiral-Cut French Fries Fruit	<b>October 4</b> <b>Popcorn Chicken Bowl with Mashed Potatoes &amp; Corn* &amp; Honey Wheat Dinner Roll*</b> Fruit	<b>October 5</b> <b>Rotini* with Homemade Meat Sauce</b> Broccoli Florets Fruit	<b>October 6</b> <b>Bean &amp; Cheese Burrito *</b> with <b>Salsa</b> Black Beans California Blend Veggies Fruit
	 <p><b>Spotlight Fruit of the Week: Bananas</b></p>	<b>October 9</b> <b>All-American Cheeseburger on a Bun* with Lettuce &amp; Tomato</b> Parsley Redskin Potatoes Cookie* Fruit	<b>October 10</b> <b>Chicken &amp; Pasta* with Homemade Alfredo Sauce &amp; Garlic Bread*</b> Capri Blend Veggies Fruit	<b>October 11</b> <b>Individual Pan Cheese Pizza*</b> Baby Carrots Fruit	<b>October 12</b> <b>Build-Your-Own Crunchy Beef Tacos* with Garnish Cup &amp; Salsa</b> Brown Rice* Black Beans Corn Fruit
 <p><b>Spotlight Fruit of the Week: Fresh Pears</b></p>	<b>October 16</b> <b>Chicken Parmesan Sandwich on a Bun*</b> California Blend Veggies Fruit	<b>October 17</b> <b>Chicken Nuggets* with Twisted Garlic Breadstick* &amp; BBQ Dipping Sauce</b> Baby Carrots Fruit	<b>October 18</b> <b>Beef Sloppy Joe on a Bun*</b> Oven-Baked Spiral-Cut Fries Fruit	<b>October 19</b> <b>Chicken Corndog*</b> Kettle-Baked Beans Fruit	<b>October 20</b> <b>Handcrafted Mac &amp; Cheese* with Honey Wheat Dinner Roll*</b> Sliced Carrots Fruit
	 <p><b>Spotlight Fruit of the Week: Grapes</b></p>	<b>October 23</b> <b>Grilled Chicken Sandwich* with Lettuce &amp; Tomato</b> Marinated Three-Bean Salad California Blend Veggies Fruit	<b>October 24</b> <b>BBQ Turkey Burger on a Bun*</b> Corn Pretzels* Fruit	<b>October 25</b> <b>Greek-Style Chicken &amp; Honey Wheat Dinner Roll*</b> Brown Rice* Green Beans Cookie* Fruit	<b>October 26</b> <b>Spaghetti* with Turkey Meatballs, Marinara &amp; Garlic Bread*</b> Broccoli Florets Fruit
 <p><b>Spotlight Fruit of the Week: Bananas</b></p>	<b>October 30</b> <b>Chicken Tenders* with BBQ Dipping Sauce &amp; Breadstick*</b> Broccoli Florets Fruit	<b>October 31</b> <b>Beef Fajitas with Tortillas*, Flame-Roasted Pepper &amp; Onion &amp; Salsa</b> Baby Carrots Fruit	<b>Smart Snacks</b> Smart snacking keeps your energy level high and your weight down. If you need an energy boost during the day, try nutrient-rich foods from the grains, fruits, vegetables, dairy, and protein food groups. Have you tried healthy snacks such as baby carrots with low-fat ranch dressing or whole-grain crackers with string cheese? They taste good and give you vitamins and minerals your body needs.		

**Served Each Day: Salad / Fresh Fruit / Sunbutter & Jelly Sandwich\* with Yogurt / Skim and 1% White Milk Plus Fat-Free Chocolate Milk**

\*=Item contains whole grains / L=Locally sourced

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

**Celebrate Oktoberfest with Ceres on October 13!**