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|  **Child Nutrition Program - Elementary** |
| **October 2020 Lunch Menu**  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **28****Chicken Patty/Bun****Corn****Fresh Carrots****Fresh Fruit**  | **29****Cheeseburger/Bun****Baked Beans****Fresh Carrots****Fresh Fruit**  | **30****Fish Sticks/Dinner Roll****Green Beans****Fresh Carrots****Fresh Fruit**  | **October 1****Taco Salad****Romaine Lettuce****Fresh Carrots****Tostito Chips****Fresh Fruit** |  **2****Chicken Quesadilla****Fresh Carrots** **Fresh Celery****Fresh Fruit**  |
| **5****Chicken Drumstick****Dinner Roll****Sweet Potatoes****Fresh Carrots****Fresh Fruit**  | **6****Nacho Breaded Fish Sticks****Dinner Roll****Corn****Fresh Carrots****Fresh Fruit**  | **7****SCHOOL****CLOSED** | **8****Hot Dogs / Bun****Baked Beans****Fresh Carrots****Fresh Fruit**  | **9****Meatball Subs****Broccoli****Fresh Carrots** **Fresh Fruit**  |
| **12****Chicken Tenders****Dinner Roll****Corn****Fresh Carrots****Fresh Fruit** | **13****Taco Salad****Fiesta Beans****Fresh Carrots****Tostito Chips****Fresh Fruit** | **14****Fish Filet/Bun****Green Beans****Fresh Carrots****Fresh Fruit**  | **15****Ham & Cheese Sandwich****Broccoli****Fresh Carrots****Fresh Fruit** | **16****School** **Closed** |
| **19****Chicken Patty/Bun****Broccoli****Fresh Carrots****Fresh Fruit**  | **20****Mini Corn Dogs****Baked Beans****Fresh Carrots****Fresh Fruit**  | **21****Pancakes/Sausage****Potato Wedges** **Fresh Carrots****Fresh Fruit**  | **22****Rotini w/Meat Sauce****Green Beans****Fresh Carrots****Fresh Fruit**  | **23****Cheese Pizza****Sunshine Carrots****Fresh Fruit**  |
| **26****Popcorn Chicken****Dinner Roll****Green Beans****Fresh Carrots****Fresh Fruit**  | **27****Toasted Cheese****Tomato Soup****Fresh Carrots****Fresh Fruit**  | **28****Hot Dogs / Bun****Baked Beans** **Fresh Carrots****Fresh Fruit**  | **29** **Cheeseburger/Bun****Spiral Fries****Fresh Celery****Fresh Fruit**  | **30****Ham & Cheese Sandwich****Broccoli****Fresh Carrots****Fresh Fruit**  |

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| ***Offered Daily: Milk: 1% White, NF Chocolate & Strawberry*** **Fresh Fruit & Vegetables may include: apples, oranges, bananas,** **seasonal fruits, carrots, celery, broccoli, cauliflower, tomatoes,** **side salads & seasonal veggies**Research shows that students who participate in the school meal programs consume more milk, fruits, and vegetables during meal times and have better intake of certain nutrients, such as calcium and fiber, than nonparticipants.**Lunch Meals are available to Distance Students! Contact cafeteria manager for more information!** |