

Lunch Includes:

- *Main 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 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) Corn or Tossed Garden Salad 100% Fruit Juice	Chicken Patty on a Bun 3 Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun 4 Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	Cheese Pizza Slice 5 Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
Chicken Nuggets with a Roll 8 French Fries Peaches or Seasonal Fresh Fruit	Hot Dog on a Bun 9 Corn or Tossed Garden Salad Frozen Juice Cup	Popcorn Chicken with Garlic Toast 10 Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 11 Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod 12 Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
National School Lunch Week! October 15th-19th				
Salisbury Steak with Gravy & a Roll 15 Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Oven Baked Chicken with Corn Muffin 16 Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza 17 Corn Pears or Seasonal Fresh Fruit	Chicken Tenders 18 Baked Beans or Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce 19 Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa 22 Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos 23 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) Corn or Tossed Garden Salad 100% Fruit Juice	Meatball Sub 24 Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll 25 Roasted Potatoes or Tossed Garden Salad Mixed Fruit	Cheesy Garlic Flatbread 26 Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
French Toast Sticks with Syrup 29 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) Corn or Tossed Garden Salad 100% Fruit Juice	Chicken Patty on a Bun 31 Mashed Potatoes Applesauce or Seasonal Fresh Fruit	HAPPY HALLOWEEN 	

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

SUBSTITUTION OF ITEMS MAY BE NECESSARY

Look on reverse side for fun and learning with Chef Louie

This institution is an equal opportunity provider.