

Mills Lawn Elementary OCTOBER Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana

Pineapple Tidbits
 Diced Pears

Applesauce

*May choose 1/2 cup serving


MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate,
 Fat Free White and Low Fat White

Lunch Prices:
 Paid \$2.75
 Reduced \$.40

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Chicken Patty on a Bun Carrot Coins Apple Sauce Low-Fat Milk	2 Breakfast for Lunch WG Pancakes w/ Syrup Sausage Patties Hash Brown Rounds 100% Fruit Juice Low-Fat Milk	3 Chicken Cheese Steak Seasoned Carrots Cinnamon Apples Low-Fat Milk	4 Italian Dunkers Marinera Sauce Crisp Caesar Salad Chilled Pears Low-Fat Milk
7	Breaded Chicken Strips WG Dinner Roll Steamed Carrot Coins Chilled Pears Low-Fat Milk	8 Ham and Potato Casserole WG Dinner Roll Diced Peaches Low-Fat Milk	9 Teryaki Chicken over Rice Oriental vegetables Slice of WG Bread Applesauce Low-Fat Milk	10 Pasta with Meatballs Marinera Sauce Garlic Breadstick Mixed Fruit Low-Fat Milk	11 NO SCHOOL
14	Cheese Dogs on a Bun Steamed Green Beans Mixed Fruit Low-Fat Milk	15 Breaded Chicken Nuggets Dinner Roll Buttered Corn Peaches Low-Fat Milk	16 Grilled Club Sandwich Ham, Turkey And cheese Steamed Broccoli Mandarin Oranges Low-Fat Milk	17 Salisbury Steak with Gravy Dinner Roll Mashed Potatoes Pineapple Tidbits Low-Fat Milk	18 Homemade Cheese Pizza Fresh Field Green Salad Chilled Applesauce Low-Fat Milk
21	Corndog Nuggets WG Dinner Roll Steamed Carrots Mixed Fruit Low-Fat Milk	22 Broken Taco with Seasoned Beef and Cheese Seasoned Rice Refried Beans Pineapple Tidbits Low-Fat Milk	23 Meatball Hoagie with Shredded Cheese Oven Baked Potatoes Orange Smiles Low-Fat Milk	24 Chicken Broccoli Alfredo Garlic Bread stick Caesar Salad Mandarin oranges Low-Fat Milk	25 Pepperoni Pinwheel Sweet Potato Fries Apple Sauce Low-Fat Milk
28	Chicken Patty on a Bun Seasoned Carrots Sliced Peaches Low-Fat Milk	29 Popcorn Chicken Bowl Breaded Chicken, Mashed Potatoes, Corn, Gravy WG Dinner Roll Diced Pears Low-Fat Milk	30 Cheese Burger on Bun Baked Beans Fruited Gelatin Low-Fat Milk	31 Happy Halloween! Baked Potato Bar Chili, Cheese Sauce, Broccoli Dinner Roll Flavored Applesauce Low-Fat Milk Holiday Treat	
AVAILABLE DAILY:		Grab and Go Box Salads: Choice of Chef, Garden & Caesar	Deli Sandwiches: Turkey or Ham and Cheese	Cheese Sandwiches Uncrustables	