



K-6 LUNCH

October, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 Beef & Bean Chili Sautéed Carrots Cornbread Fruit Milk-1% or Flavored Fat Free, or Skim | 2 *Italian Baked Pasta and Meatballs Buttered Corn Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 3 Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll Grapes Milk-1% or Flavored Fat Free, or Skim | 4 Chicken Corn Dogs Green Bean Casserole Orange Milk-1% or Flavored Fat Free, or Skim | 5 *Cheese or Pepperoni Pizza Baked Fries Marinated Cucumber & Bean Salad Applesauce Milk-1% or Flavored Fat Free, or Skim |
| 8 *Pineapple & Vegetable Teriyaki Chicken Stir Fry Brown Rice Fruit Milk-1% or Flavored Fat Free, or Skim | 9 *Grilled Cheese & Tomato Soup Baked Fries Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 10 <u>*Breakfast for Lunch</u> Chicken and Waffles Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim | 11 Hamburger on Whole Grain Bun Baked Beans Buttered Broccoli Orange Milk-1% or Flavored Fat Free, or Skim | NO SCHOOL |
| 15 Chicken & Vegetable Casserole w/ Whole Wheat Pasta Fruit Milk-1% or Flavored Fat Free, or Skim | 16 *Macaroni & Cheese Buttered Broccoli Tomato & Black Bean Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 17 Sweet & Sour Chicken Fried Rice Asian Cabbage & Edamame Salad Grapes Milk-1% or Flavored Fat Free, or Skim | 18 Meatball Sub on Whole Wheat Hoagie Sautéed Green Beans Potato Smiles Orange Milk-1% or Flavored Fat Free, or Skim | 19 *Cheese or Pepperoni Pizza Baked Fries Baby Carrots Applesauce Milk-1% or Flavored Fat Free, or Skim |
| 22 Chicken Nuggets Potato Wedges Collard Green Whole Grain Biscuit Fruit Milk-1% or Flavored Fat Free, or Skim | 23 Walking Doritos Taco's served w/lettuce, tomato, & cheese Black Bean & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 24 <u>*Breakfast for Lunch</u> Mini French Toast Sticks Turkey Sausage Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim | 25 Chicken Sandwich on Whole Wheat Bun Baked Beans Baby Carrots Orange Milk-1% or Flavored Fat Free, or Skim | 26 *Cheese or Pepperoni Pizza Baked Fries Celery Sticks Applesauce Milk-1% or Flavored Fat Free, or Skim |
| 29 Beef & Bean Chili Sautéed Carrots Cornbread Fruit Milk-1% or Flavored Fat Free, or Skim | 30 *Italian Baked Pasta and Meatballs Buttered Corn Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 31 Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll Grapes Milk-1% or Flavored Fat Free, or Skim | | |
| Grades 4-6 Only <u>2nd Entrée Option</u> *Grilled Cheese | Grades 4-6 Only <u>2nd Entrée Option</u> Hamburger | Grades 4-6 Only <u>2nd Entrée Option</u> Hot Dogs | Grades 4-6 Only <u>2nd Entrée Option</u> *Cheese Bosco Stick w/ Marinara | Grades 4-6 Only <u>2nd Entrée Option</u> Chicken Nuggets |

Daily Produce Bar available with purchase of school meal. Variety of fresh vegetable available.

LUNCH PRICE \$2.85

Menu Subject to Change

Any questions please call the Food Service Director Christopher Crist 216.691.2099 or email crist@sel.k12.oh.us
 This institution is an equal opportunity provider.