



K-6 Lunch Food Zone

October
2024

Variety of Fresh Fruits and Vegetables Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 	1 Corn Dog Spiced Pinto Beans Cucumber Slices Mixed Fruit Banana Choice of Milk	2 Meatballs and Gravy Whole Grain Dinner Roll Mashed Potatoes Cucumber Slices Pineapple Tidbits Banana Choice of Milk	3 NO SCHOOL	4 Cheese Pizza Roasted Broccoli Cucumber Slices Diced Pears Banana Choice of Milk
7 Macaroni & Cheese Whole Grain Dinner Roll Collard Greens Cherry Tomato Diced Peaches Fresh Pear Choice of Milk	8 Soft Beef Tacos Refried Beans Cherry Tomato Mixed Fruit Fresh Pear Choice of Milk	9 Cheeseburger on a Bun Sweet Potato Fries Baby Carrots Cherry Tomato Pineapple Tidbits Fresh Pear Choice of Milk Lettuce and Tomato	10 HOM - Apples & Cinnamon Popcorn Chicken Bowl Whole Grain Dinner Roll Mashed Potatoes Steamed Corn Cherry Tomato Warm Cinnamon Apples Fresh Pear Choice of Milk	11 NO SCHOOL
14 Cheese Bosco Stick Marinara Sauce Steamed Peas Celery Sticks Diced Peaches Fresh Grapes Choice of Milk	15 Pancakes Easy Egg Bake Sweet Potato Tots Celery Sticks Mixed Fruit Fresh Grapes Choice of Milk	16 Orange Chicken Brown Rice Steamed Carrots Other Vegetable Pineapple Tidbits Fresh Grapes Choice of Milk	17 United Tastes of America! BBQ Chicken Legs Flakey Biscuit Baked Beans, Vegetarian Creamy Coleslaw Other Vegetable Applesauce Fresh Grapes Choice of Milk	18 Pasta with Meat Sauce Garlic Toast Roasted Broccoli Other Vegetable Diced Pears Fresh Grapes Choice of Milk
21 Beef Hot Dog on a Bun French Fries Red/Orange Vegetable Diced Peaches Banana Choice of Milk	22 Italian Pasta Bake Garlic Toast Roasted Broccoli Red/Orange Vegetable Mixed Fruit Banana Choice of Milk	23 Chicken Potstickers Chicken Fried Rice Kung Fu Carrots Red/Orange Vegetable Pineapple Tidbits Banana Choice of Milk	24 Beefy Nachos w/Homemade Cheese Sauce Salsa Spiced Pinto Beans Red/Orange Vegetable Applesauce Banana Choice of Milk	25 HOM - Kale Cheese Pizza California Blend Vegetable Kale Salad Red/Orange Vegetables Sliced Pears Banana Choice of Milk
28 Beef Chili Cornbread Bowl Potato Wedges Other Vegetable Diced Peaches Fresh Pear Choice of Milk	29 Italian Stromboli Roasted Broccoli Other Vegetable Mixed Fruit Fresh Pear Choice of Milk	30 Crispy Chicken Nuggets Whole Grain Dinner Roll Sweet Potato Tots Other Vegetable Pineapple Tidbits Fresh Pear Choice of Milk	31 Macaroni & Cheese Whole Grain Dinner Roll Roasted Carrots Other Vegetable Applesauce Fresh Pear Choice of Milk	1

PRICES	Regular Lunch	\$3.00
	Reduced Lunch	Free
	Adult Lunch	\$5.00
EXTRA INFO	Any questions please call the Food Service Director Carrie Garren 216.691.2099 or email garrenc@sel.k12.oh.us	



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