



Rsd-13 Elementary Schools October 2017



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p><i>1st choice</i> <i>2nd choice</i> <i>Vegetables</i> <i>Vegetable</i> <i>fruit</i> <i>Bread</i></p>	<p>2 Hamburger Sliders Grilled Cheese Sweet Potato Wedges Black Bean salad Apple Sauce</p>	<p>3 Waffle Sticks & Sausage Egg-n-Cheese English Muffin Tater Tots Baby carrots Fruit Shape Up Whole Grain Dinner roll</p>	<p>4 General Tso Chicken French Bread Pizza Mixed Veggie Sticks Raisins Mix Fruit Cup Whole Grain Dinner roll</p>	<p>5 Grilled Chicken Sandwich Cheeseburger Tomato Soup Caesar Side Salad Chilled Pineapple</p>	<p>6 Cheese Pizza Tuna Sliders Garden Salad Celery Sticks Chilled Peaches</p>
<p><i>1st choice</i> <i>2nd choice</i> <i>Vegetables</i> <i>Vegetable</i> <i>fruit</i> <i>Bread</i></p>	<p>9 COLUMBUS DAY  <i>Columbus</i></p>	<p>10 Chicken Bites w/ Tangy sauce Or Sweet & Sour Meatballs Over Asian Brown Rice Garden Salad Fruit Shape Up Whole Grain Dinner roll</p>	<p>11 LUNCH BUNCH </p>	<p>12 Nacho Taco Salad Chicken Ranchero Wrap Spanish Rice Cucumber salad Mandarine oranges fruit cup Whole Grain Dinner roll</p>	<p>13 Cheese pizza Fish-n-Chips (shoestring) Romaine Garden salad Celery Sticks Fresh Fruit</p>
<p><i>1st choice</i> <i>2nd choice</i> <i>Vegetables</i> <i>Vegetable</i> <i>fruit</i> <i>Bread</i></p>	<p>16 Chicken Tenders & Dips Hamburger w/ L & T French Fries Baby Carrots Apple Sauce Whole Grain Dinner roll</p>	<p>17 French Toast & Sausage Egg-n-Cheese Sand. Tater Tots Dill Cucumber chips Fruit Shape Up Whole Grain Dinner roll</p>	<p>18 Spaghetti & Meat sauce Stuffed Cheese Sticks w/ sauce Spinach Salad Choice of Apple or Orange Whole Grain Dinner roll</p>	<p>19 Cheesy Beef Taco Chicken Quesadilla Southwest Salad Chix Pea Salad Mix Berry Cup Whole Grain Dinner roll</p>	<p>20 Cheese Pizza Fish Sandwich & SW Tots Garden Salad Celery Sticks Chilled Peaches</p>
<p><i>1st choice</i> <i>2nd choice</i> <i>Vegetables</i> <i>Vegetable</i> <i>fruit</i> <i>Bread</i></p>	<p>23 Early Release / PD-Day LUNCH BUNCH </p>	<p>24 Philly Cheesesteak W/G roll Mozzarella Sticks & sauce Sweet Potato Tater tots Broccoli Florets w/ lemon Fruit Shape Up Whole Grain Dinner roll</p>	<p>25 Zoo Crew Chicken Nuggets Turkey Corn Dog Cosmic Creation tots Black Bean Salad Choice of Apple or Orange Whole Grain Dinner roll</p>	<p>26 Sloppy Joe Sliders B-B-Q Chicken Sliders Shoestring fries Caesar Salad Mix fruit cup Whole Grain Dinner roll</p>	<p>27 Personal Pan Pizza Tuna Sliders Garden salad Baby Carrots Fresh Fruit </p>
<p><i>1st choice</i> <i>2nd choice</i> <i>Vegetables</i> <i>Vegetable</i> <i>fruit</i> <i>Bread</i></p>	<p>30 Chicken Patty Sandwich Hot dog Tater Tots Mixed Veggie Sticks Mix Fruit Cup</p>	<p>31 Happy Halloween Popcorn Chicken Box French Bread Pizza Romaine Salad Fruit Shape Up Jello fruit Giggles Whole Grain Dinner roll</p>	<p></p>	<p>1-LUNCH BUNCH <i>Bagel & Cream Cheese</i> <ul style="list-style-type: none"> • Hard Boiled Egg • WG Cereal • Dragon Juice (Fruit/Veg) • Fresh Apple Choice of Milk </p>	<p>2 LUNCH BUNCH <i>4 oz. Dannon Yogurt</i> <ul style="list-style-type: none"> • Hard Boiled Egg • WG Cereal • Dragon Juice (Fruit/Veg) • Fresh Apple Choice of Milk </p>