

**“Daily”**

**CHEF SALADS**

A limited number of chef salads will be offered daily.

Served w/

Dinner roll, fruit & milk

# District 13 Elementary Schools

## October 2019

Meals are \$3.50

All meals include choice of hot or cold vegetable, assorted fresh fruit or fruit cup, whole grain bread and a choice of milk.

(1% and low fat Chocolate milk.)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>1st choice</b> <b>2nd choice</b> <b>Vegetables</b> <b>Vegetable</b> <b>fruit</b> <b>Bread</b></p>	 <p><b>\$2.00</b> <i>Fuel up your day with Breakfast!</i></p>	<p>1 1. Waffle Sticks &amp; Sausage 2. Egg-n-Cheese English Muffin Tater Tots Baby carrots Fruit Shape Up Whole Grain Dinner roll</p>	<p>2 1. General Tso Chicken 2. French Bread Pizza Mixed Veggie Sticks Raisins Mix Fruit Cup Whole Grain Dinner roll</p>	<p>3 1. Grilled Chicken Ranch sandwich 2. Mozzarella Sticks w/ sauce Tater tots Veggie Rainbow Tray Mixed Fruit Tray</p>	<p>4 1. Cheese Pizza 2. Tuna Sliders Garden Salad Veggie Rainbow Tray Mixed Fruit Tray</p>
<p><b>1st choice</b> <b>2nd choice</b> <b>Vegetables</b> <b>Vegetable</b> <b>fruit</b> <b>Bread</b></p>	<p>7 1. Chicken Tenders &amp; Dips 2. Hamburger w/ L &amp; T French Fries Veggie Rainbow Tray Mixed Fruit Tray Whole Grain Dinner roll</p>	<p>8 1. Chicken Bites w/Tangy sauce 2. Sweet &amp; Sour Meatballs Over Asian Brown Rice Veggie Rainbow Tray Mixed Fruit Tray</p>	<p>9 <b>LUNCH BUNCH</b></p> 	<p>10 1. Nacho Taco Salad 2. Chicken Ranchero Wrap Spanish Rice Veggie Rainbow Tray Mixed Fruit Tray Whole Grain Dinner roll</p>	<p>11 <b>Early Release / PD-Day</b> 1. Cheese pizza 2. Fish-n-Chips (shoestring) Romaine Garden salad Veggie Rainbow Tray Mixed Fruit Tray</p>
<p><b>1st choice</b> <b>2nd choice</b> <b>Vegetables</b> <b>Vegetable</b> <b>fruit</b> <b>Bread</b></p>	<p>14 <b>No School</b> <b>COLUMBUS DAY</b></p> 	<p>15 1. French Toast &amp; Sausage 2. Egg-n-Cheese Sand. Tater Tots Veggie Rainbow Tray Mixed Fruit Tray Whole Grain Dinner roll</p>	<p>16 1. Spaghetti &amp; Meat sauce 2. Stuffed Cheese Sticks w/ sauce Veggie Rainbow Tray Mixed Fruit Tray Whole Grain Dinner roll</p>	<p>17 1. Cheesy Beef Soft Tacos 2. Chicken Quesadilla Southwest Salad Chix Pea Salad Mix Berry Cup Whole Grain Dinner roll</p>	<p>18 1. Cheese Pizza 2. Fish Sandwich &amp; SW Tots Garden Salad Veggie Rainbow Tray Mixed Fruit Tray</p>
<p><b>1st choice</b> <b>2nd choice</b> <b>Vegetables</b> <b>Vegetable</b> <b>fruit</b> <b>Bread</b></p>	<p>21 1. Philly Cheesesteak Wrap 2. Mozzarella Sticks &amp; sauce Sweet Potato Tater tots Veggie Rainbow Tray Fruit Shape Up Whole Grain Dinner roll</p>	<p>22 1. Shaved Pork Sliders 2. B-B-Q Chicken Sliders Shoestring fries Caesar Salad Mix fruit cup Whole Grain Dinner roll</p>	<p>23 <b>Early Release 1/2 Day</b> 1. Zoo Crew Chicken Nuggets 2. Turkey Corn Dog Cosmic Creation tots Black Bean Salad Mixed Fruit Tray Whole Grain Dinner roll</p>	<p>24 <b>Early Release 1/2 Day</b> <b>LUNCH BUNCH</b></p> 	<p>25 1. Personal Pan Pizza 2. Tuna Sliders Garden salad Veggie Rainbow Tray Mixed Fruit Tray</p> 
<p><b>1st choice</b> <b>2nd choice</b> <b>Vegetables</b> <b>Vegetable</b> <b>fruit</b> <b>Bread</b></p>	<p>28 1. Hamburger Sliders 2. Grilled Cheese Sweet Potato Wedges Black Bean salad Apple Sauce</p>	<p>29 1. Mini Pancakes &amp; Sausage 2. Egg-n-Cheese Biscuit Hash Brown Veggie Rainbow Tray Mixed Fruit Tray</p>	<p>30 1. Chicken Patty Sandwich 2. Hot dog Tater Tots Veggie Rainbow Tray Mixed Fruit Tray</p>	<p>31 <b>Happy Halloween</b> 1. Popcorn Chicken Box 2. French Bread Pizza Romaine Salad Veggie Rainbow Tray Enchanted Orange Ice Whole Grain Dinner roll</p> 	<p><b>LUNCH BUNCH CHOICES</b></p> <ul style="list-style-type: none"> <li>• #1- 4 oz. Dannon Yogurt</li> <li>• #2- Bagel &amp; Crm Cheese</li> <li>• #3- Cereal</li> </ul> <p>: Hard Boiled Egg, Juice, Apple, Graham Crackers</p>

**On-line Payment <https://schoolpaymentportal.com>**