

# October Lunch 7-12 2019

Mon	Tue	Wed	Thu	Fri
<p><b>We are pleased to provide FREE AND REDUCED PRICED MEALS For all Students who qualify. It's simple to apply and we accept applications all year.</b></p>	<p>1 1-Chili Dog 2-Chicken Nuggets Bread Stick Corn on The Cob All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>2 1-Cheese Burger w/Lettuce &amp; Tomato 2- Pizza Pocket Oven Fries All Star Salad Bar 3-Taco Salad 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>3 1-Potato Bar 2-Sandwich Bar Fruit Cup All Star Salad Bar 3-Ham Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>4 1-Pepperoni Pizza 2-Chicken Burger w/Lettuce &amp; Tomato Caesar Salad All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>
<p>7 1-BBQ Rib Sandwich 2- Cheese Burger w/Fixings Smiles 3-Turkey Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>8 1-Spaghetti 2-Chicken Nuggets Bread Stick Seasoned Green Beans All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>9 1-Chicken Burger w/Lettuce &amp; Tomato 2- Pizza Pocket Oven Fries 3-Taco Salad 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>10 1-Taco Casserole 2-Sandwich Bar Mexi Corn All Star Salad Bar 3-Ham Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>11 1-Pizza Rippers 2-Chicken Burger w/Lettuce &amp; Tomato Caesar Salad All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>
<p>14 <b>NO SCHOOL TEACHER TRAINING DAY</b></p>	<p>15 1-Cheese Sticks w/Marinara 2-Chicken Nuggets Bread Stick Fruit Salad All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>16 1-Cheese Burger w/Lettuce &amp; Tomato 2-Pizza Pocket Oven Fries All Star Salad Bar 3-Taco Salad 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>17 1-Walking Tacos 2-Sandwich Bar Black Bean Salad All Star Salad Bar 3-Ham Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>18 1-Our Pizza 2-Chicken Burger w/Lettuce &amp; Tomato Caesar Salad 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>
<p>21 1-Sloppy Joes 2- Cheese Burger w/Fixings Tater Tots 3-Turkey Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>22 1-Chicken Alfredo 2-Chicken Nuggets Bread Stick Carrot Coins All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>23 1-Chicken Burger w/Lettuce &amp; Tomato 2- Pizza Pocket Oven Fries 3-Taco Salad 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>24 1-Chicken &amp; Potato Bowl w/Roll 2-Sandwich Bar Corn All Star Salad Bar 3-Ham Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>25 1-Personal Pizza 2-Chicken Burger w/Lettuce &amp; Tomato Caesar Salad All Star Salad Bar 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>
<p>28 1-Taco Soup w/Cheese Bread 2- Bacon Cheese Burger w/Fixings Fruit Cup 3-Turkey Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>29 1-Sweet &amp; Sour Chicken w/Fried Rice 2-Chicken Nuggets Bread Stick Steamed Broccoli 3-Chicken Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p>30 1-Cheese Burger w/Lettuce &amp; Tomato 2-Corn Dog Oven Fries  <b>K-12 EARLY RELEASE</b></p>	<p>31 1-Pretzel w/Cheese 2-Sandwich Bar Fruit Yogurt All Star Salad Bar 3-Ham Salad Bar 4-Peanut Butter To-Go 5-Yogurt To-Go</p>	<p><b>LUNCH PRICES</b> K-6 \$3.00 7-12 \$3.25 Reduced \$ .40 Adults \$4.00 Milk \$. 50 <b>BREAKFAST</b> K-12 \$2.00</p>



**GO DUCKS**

**This institution is an equal opportunity provider**

**\*All of our meals are made with whole grains.**

**\*Our ALLSTAR SALAD BAR offers Fresh Garden Salad Greens plus FRESH FRUITS & VEGETABLES, in an inviting variety. Locally Grown items are offered whenever seasonally available.**

**Low Fat or Fat Free Milk included with all meals.**

**\*Our menus are aligned with the USDA's Healthier U.S. School Challenge**

**\*Applications for free or reduced priced meals are available in the offices. For any information regarding free and reduced meals please call Mrs. Hall 274-6132 ext. 2000**