

**Menu Information:** (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Chef Salad is served each day w/ 1 slice Homemade WG Bread Yogurt/Cheese is served each day w/ 1 slice Homemade WG Bread

**School Lunch Week Oct 10 - 14<sup>th</sup>.** Eat lunch with us for a chance to win. Every time a child eats school lunch their name will be entered into a drawing for a stuffed animal. A giant teddy bear at Jefferson and a giant Elmo at Central. USDA is an equal opportunity provider and employer.

### Monday

Breaded Pork on Bun(42) or Chicken Salad Sandwich(36) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

3

Broccoli w/Cheese(5)

### Tuesday

**NATIONAL TACO DAY**  
Soft Shell Taco (25)or Turkey/Cheese Wrap(24)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

4

Refried Beans (23)

### Wednesday

Popcorn Chicken(13)w/HMD Bread(17) Ham/Cheese on Fish Bread(22) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

5

Cole Slaw(11)

### Thursday

Fiestada (38) or Tuna Salad Sandwich(33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

6

Corn (16)

### Friday

Chili(16) w/HMD Cinnamon Roll(40) and Crackers(14) or Turkey/Cheese Flatbread(27)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

7

Fresh Veggies

Sausage Patty(0) w/Pancakes(27) and Syrup(30) or Hoagie Sandwich(36)or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

10

Tater Tots(20)

Meatball Sub (32)or Ham/Cheese Wrap (23)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

11

Carrots(5)

HMD Chicken Alfredo Pizza(33)or Tuna Salad Sandwich(33)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

12

Green Peas(11)

Chicken Tetrazinni(25)HMD Bread(17) Turkey Sandwich(33)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

13

Mixed Vegetables(12)

Mini Corndog (28) or PBJ Sandwich(35)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

14

Baked Beans(29)

Chicken Fajita (22)or Turkey/Cheese Wrap(24)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

17

Refried Beans(23)

Spaghetti Sauce (6) w/Rotini (32) & Breadstick(18) or Turkey/Cheese Flatbread(27) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

18

Fresh Veggies

Oven Fried Chicken(11) w/HMD Bread(17) or Ham Sandwich(35)or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

19

Mashed Potatoes(20)Gravy(4)

NO SCHOOL

20

PARENT/TEACHER CONFERENCES

NO SCHOOL

21

FALL BREAK

Teriyaki Chicken(15) w/Seasoned Rice(12)& Egg Roll(22)or Ham/Cheese Wrap (23) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

24

Fresh Veggies

Hamburger on Bun (33) or Hoagie Sandwich(36) or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

25

Seasoned French Fries(25)

Macho Nacho (24) or PBJ Sandwich (35) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

26

Refried Beans (23) Pumpkin Bar(28)

HMD Cheese Pizza(33)or Chicken Salad Sandwich(36) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

27

Corn (16)

Blue Valley Brand Hot Dog on Bun(25) Chicken/Cheese Wrap(22) or Chef Salad(18)Crackers(10) or Yogurt/Cheese(38)Granola(7)

28

Green Bean Casserole(8)

Hamburger Gravy (5) w/Breadstick (18) or PBJ Sandwich (35) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

31

Mashed Potatoes(20)

**Fruit/Vegetable Bar and Milk served with every meal. Full meal price \$2.60 Extra entree \$2.00** (needs to be ordered when lunch count is taken)

**Would you like to join your child for lunch? We'd love to have you. Please call the office by 9 am to be included in our daily lunch count. Adult meals cost \$3.50. What a bargain!!**

