

# FARM TO SCHOOL

## HARVEST OF THE MONTH IS Kale Menu subject to change



Students must take 3 full items including a 1/2 cup fruit or vegetables

All Bread items are Whole Wheat or Whole Grain, Daily Alt-Chef Choice, Tues & Thurs specialty salad  
Milk choice includes 1%, fat free, & flavored fat free

Baby Carrots offered daily, Veggie Crunchers & Hummus

Click on the item below to view the nutritional values:

[Milk](#)

[Juice](#)




[Fruit](#)

[Chilled Fruit](#)

[Condiment](#)



# October 2017 K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Pizza Blended Bean Medley Fat Free Chocolate Pudding -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	3 Chicken Drumsticks Zucchini bread Sweet Potato, crinkle cut Bean, Green -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	4 -Early Release-	5 Breaded Chicken Tender WG Dinner Roll Potato Red Roasted Sweet Corn -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	6 Whole Grain Penne Pasta Meatsauce WG Dinner Roll Garden Salad W/ Romaine -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch
9 -No School- 	10 Meatloaf Gravy, Beef Potato Red Roasted Bean, Green Pumpkin Bread -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	11 Breaded Chicken Patty WG Kaiser Bun lettuce & tomato Carrots, Coins Broccoli, Steamed -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	12  Pizza 100% Fruit Slush Cup Sweet Kale Salad -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	13 Chicken Taco Meat Tortilla Bowl Seasoned Brown Rice Sweet Corn Shredded Cheddar lettuce & tomato -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch
16 Vegetable Pinwheel -or- Garden Burger WG Kaiser Bun Garden Salad W/ Spinach -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	17 Beef Rib B Que WG Ciabatta Bread Onion Rings Mixed Vegetable -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	18 Buffalo Chicken Pizza Garden Salad W/ Spinach -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	19 Meatsauce Whole Grain Penne Pasta WG Dinner Roll Bean, Green Green peas -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	20 Roasted Chicken Potato, Mashed Fresh Whole Grain Penne Pasta Broccoli, Steamed Mini Loaf -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch
23 Grilled Cheese Sandwich Low Sodium Tomato Soup Bean, Green Chips, Baked -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	24 French Toast Sticks Turkey Sausage Links Applesauce -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	25 Asian Chicken Chunks Bean, Green Seasoned Brown Rice WG Dinner Roll -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	26  Beef Sloppy Joe WG Kaiser Bun Sweet Corn Sweet Kale Salad -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	27 Breaded Chicken Patty WG Kaiser Bun lettuce & tomato Blended Bean Medley -Asst Fresh or Chilled Fruit- -Milk Choice- BIRTHDAY FRIDAY! Mini Rice Krispy Treats Alt- Fun Lunch Peanut Butter And Jelly Lunch
30 Cheese Pizza Blended Bean Medley Fat Free Chocolate Pudding -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	31 Chicken Drumsticks WG Dinner Roll Harvest cookie Sweet Potato, crinkle cut Bean, Green Apple Cider -Asst Fresh or Chilled Fruit- -Milk Choice- Alt- Fun Lunch Peanut Butter And Jelly Lunch	<b>Food Allergies must be reported to the cafeteria with a prescription written by a doctor.</b>		

The **USDA** is an equal opportunity provider and employer.