



October Elementary Lunch Menu



**Menu Subject to
Change Without
Notice**

School lunch is free
to all TK-8th grade
students!

Monday	Tuesday	Wednesday	Thursday	Friday	It's National School Lunch Week! October 13-17 <i>Come celebrate with special treats!</i> <u>Monday:</u> Frozen Berry Fruit Cup <u>Tuesday:</u> Cinammon Graham Scooby Snacks <u>Wednesday:</u> Strawberry Milk <u>Friday:</u> Tropical Fruit Flavored Golden Raisins 
<u>It's National Farm to School Month!</u> ESD Students enjoy locally sourced produce with school lunch throughout the school year! 		Chicken Nuggets Goldfish Crackers Golden Corn & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Beef Taco Salad w/ Chips Baby Carrots Salsa Cup Fruit Variety 1% Milk/NF Choc. Milk	Deep Dish Cheese Pizza Cool Cucumbers Side Salad Fruit Variety 1% Milk/NF Choc. Milk	
 NON-STUDENT DAY	Beef Hamburger on a Bun Oven Fries Tomato & Shredded Lettuce Fruit Variety 1% Milk/NF Choc. Milk	Cheese Quesadilla Refried Beans & Side Salad Fruit Variety Blue Raspberry-Lemon Ice Cup (Made with 100% Fruit Juice!) 1% Milk/NF Choc. Milk	Beef Ravioli Garlic Bread Stick Romaine Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Cheesy Pull-Aparts w/ Marinara Brookie Baby Carrots & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	
Bean & Cheese Chalupa W/ Sour Cream Golden Corn & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Chicken Patty on a Bun Cool Cucumbers Tomato & Shredded Lettuce Fruit Variety 1% Milk/NF Choc. Milk	Macaroni & Cheese Corn Muffin Star Baby Carrots & Side Salad Fruit Variety 1% Milk/NF Strawberry Milk	Chicken Nuggets Mixed Berry Cookies Baked Beans & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Cheese Pizza Crunchers w/ Marinara Romaine Side Salad Fruit Variety 1% Milk/NF Choc. Milk	
Bean & Cheese Burrito Golden Corn & Side Salad Fruit Variety Strawberry-Mango Ice Cup (Made with 100% Fruit Juice!) 1% Milk/NF Choc. Milk	All-Beef Hot Dog on a Bun Baked Beans Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Orange Chicken w/ Rice Crispy Chow Mein Noodles Broccoli & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Beef Soft Taco Baby Carrots Shredded Lettuce Fruit Variety 1% Milk/NF Choc. Milk	Italian (Turkey) Combo Sandwich w/ Cheese Brookie Green Beans & Shredded Lettuce Fruit Variety 1% Milk/NF Choc. Milk	
Chicken Patty on a Bun Baked Beans Tomato & Shredded Lettuce Fruit Variety 1% Milk/NF Choc. Milk	Teriyaki Beef w/ Rice Crispy Chow Mein Noodles Broccoli & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Chicken Nuggets Goldfish Crackers Golden Corn & Side Salad Fruit Variety 1% Milk/NF Choc. Milk	Beef Taco Salad w/ Chips Baby Carrots Salsa Cup Fruit Variety 1% Milk/NF Choc. Milk	Deep Dish Cheese Pizza Cool Cucumbers Side Salad Fruit Variety 1% Milk/NF Choc. Milk	A la carte water or milk = 50 cents www.etiwanda.org/page/child-nutrition USDA Lunch requires students to take 3 of 5 food groups, one being a fruit or vegetable. Lunch includes your choice of Non-Fat Chocolate or 1% White Milk. Current Menu Options are Pork Free **This institution is an equal opportunity provider**