


**October 2011
Lunch Menu
Elementary School**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Roasted Chicken ³ Slow Roasted Seasoned Chicken Pieces OR Tuna Salad Sandwich Tuna tossed with celery, onion & mayonnaise on Whole Wheat Bread Green Beans Chilled Pears Milk</p>	<p>BBQ Rib Sandwich ⁴ BBQ Beef Patty on a Whole Wheat Roll OR Salami & American Wrap Deli Salami & American in a Flour Tortilla Yellow Corn Fresh Apples Milk</p>	<p>Chicken & Vegetables ⁵ Sautéed Chicken with Broccoli, Carrots & Celery over Brown Rice OR Yogurt Parfait Low Fat Yogurt layered with Peaches Steamed Peas Florida Oranges Milk</p>	<p>Pizza ⁶ Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Turkey Ham & Swiss on a Whole Wheat Roll Sliced Ham & Swiss stacked on a Whole Wheat served with a Garden Salad Fresh Fruit Milk</p>	<p>NO SCHOOL ⁷</p>
<p>NO SCHOOL ¹⁰</p>	<p>Baked Chicken Nuggets ¹¹ Whole Grain battered Chicken Nuggets OR Turkey Bologna & American Cheese Sandwich Deli Bologna & American Cheese on Whole Wheat Sliced Bread Steamed Carrots Pineapple Tidbits Milk</p>	<p>Hot Dog Bar ¹² Turkey or Beef Hot Dog served on a Whole Wheat Roll with Fixings Onions, Sauerkraut OR Chicken Caesar Salad Diced Chicken served over Romaine & shredded Carrots with Croutons Green Beans Fresh Apples Milk</p>	<p>Twin Tacos ¹³ Beef Taco Meat served with Flour or Corn Tortillas served with Salsa OR Turkey Ham & Cheese Sandwich Deli Turkey Ham & Swiss Cheese Served on a Whole Wheat roll Cucumber Rounds Fresh Pears Milk</p>	<p>Pizza ¹⁴ Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Ham & Provolone Wrap Deli Ham & Provolone Cheese in a Flour Tortilla with Lettuce & Tomato served with a Garden Salad Assorted Fruit Milk</p>
<p>BBQ Chicken Sandwich ¹⁷ Diced Chicken cooked in fresh made BBQ sauce on a Whole Wheat Roll OR American Hero Turkey, Salami and American Cheese on a Whole Wheat Roll Side Salad Fresh Fruit Milk</p>	<p>Pizza Burger ¹⁸ Beef Hamburger topped with Mozzarella Cheese and Marinara Sauce on a Whole Wheat Bun OR Egg Salad Wrap Fresh Egg Salad in a Flour Tortilla lettuce, tomato Bean Salad Applesauce Milk</p>	<p>Ham & Cheddar Griller ¹⁹ Ham & Cheddar or Turkey Ham & Cheddar toasted on a Whole Wheat Bun OR Turkey & American Sandwich Deli sliced Turkey & Cheese on Whole Wheat Sweet Potato Sticks Pears Milk</p>	<p>Roasted Turkey Dinner ²⁰ Sliced Turkey with Mashed Potato, Stuffing & Gravy OR Yogurt Parfait Low-fat Yogurt topped with Blueberries Dinner Roll Green Beans Cranberry Sauce Petite Banana Milk</p>	<p>Pizza ²¹ Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Ham & Provolone Wrap Stacked Ham & Provolone in a Flour Tortilla served with Side Salad Mixed Fruit Milk</p>
<p>Chicken Patty ²⁴ Baked Chicken Patty served on a Whole Wheat Roll OR Chef's Salad Ham, American, Sliced Egg & Bread Stick on Salad Greens Potatoes Applesauce Milk</p>	<p>Beef-A-Roni ²⁵ Whole Wheat Pasta tossed with Meat Sauce & topped with Cheddar Cheese OR Italian Hero Turkey Ham, Salami, & Mozzarella Cheese on a Whole Wheat Roll Corn Niblets Orange Milk</p>	<p>Chicken Quesadilla ²⁶ Cheddar & Seasoned Diced Chicken folded in a Flour Tortilla OR Ham & Swiss Sandwich Sliced Ham & Swiss on Whole Wheat Bread Sautéed Winter Squash Fresh Apples Milk</p>	<p>Super Nachos ²⁷ Turkey Taco Meat served with Corn Tortilla Chips with Salsa and Cheese OR Turkey Sandwich Sliced Deli Turkey with Lettuce on Whole Wheat Bread Blue Lake Green Beans Mixed Fruit Milk</p>	<p>Pizza ²⁸ Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Tuna fish on a Whole Wheat Bun served with a Garden Salad Applesauce Milk</p>
<p>Chicken Cordon Bleu ³¹ Baked Chicken topped with Swiss cheese & Sliced Ham on a Whole Wheat Roll OR Stacked Turkey Wrap Sliced Turkey with Lettuce & Tomato Steamed Broccoli Mixed Fruit Cup Milk</p>	<p>Reminder: Applications for Free or Reduced Meal Prices are available on-line & at each school building</p>			<p>Student Meal \$2.00 Reduced Meal \$.25 Adult Meal \$3.08 + tax</p> <p>Debra Donleavy, MI Food Service Director 794-8840 x 10970</p> <p>Menu Subject to Change</p>
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