

Elementary October Lunch Menu



Shikellamy
School District

WHAT MAKES A MEAL?

MEAT OR MEAT ALTERNATIVE

VEGETABLE, FRUIT

GRAIN, BREAD,

AND CHOICE OF MILK

**Students must choose at least one fruit or vegetable*



MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free White Milk

Fat Free Chocolate Milk 20

1% White Milk 13

Served Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			10/1 Pasta w//Meat Sauce & Bread 50 Or Turkey & Cheese on a Pretzel Bun 30 Mixed vegetables 12 Pears 16 Milk	10/2 Cheese Pizza 28 Or Turkey & Cheese on a Pretzel Bun 30 Corn 17 Applesauce 12 Milk	Daily Choice of: Chef Salad w/ Crackers 37 Turkey/Cheese Sandwich 31 PB&J Sandwich 58
10/5 French Toast Sticks w/ Sausage Patties 42 Or Sloppy Joe Sandwich 40 Tater Tots 16 Pineapple Tidbits 22 Milk	10/6 Beef & Cheese Nachos 41 Or Sloppy Joe Sandwich 40 Corn 17 Cinnamon Sliced Apples 15 Milk	10/7 Popcorn Chicken w/ Bread 29 Or Sloppy Joe Sandwich 40 Mashed Potatoes w/ Gravy 18 Mixed Fruit 13 Milk	10/8 Pulled Pork Loaded Fries W/ Bread Slices 53 Or Sloppy Joe Sandwich 40 Broccoli 2	10/9 Pizza Round 40 Or Sloppy Joe Sandwich 40 Green Beans 7 Applesauce 12 Milk	Daily Choice of: Chef Salad w/ Crackers 37 Ham/Cheese Sandwich 34 PB&J Sandwich 58
10/12 Sweet & Sour Pork w/ Rice Or 60 Ham & Cheese Pretzel Melt 32 Steamed Broccoli 2 Pineapple Tidbits 22 Milk	10/13 Beef & Cheese Walking Taco w/Bread 44 Or Ham & Cheese Pretzel Melt 32 Corn 17 Peaches 16 Milk	10/14 Italian Dunkers w/ Side of Sauce 44 Or Ham & Cheese Pretzel Melt 32 Green Beans 7 Mixed Fruit 13 Milk	10/15 Macaroni & Cheese w/ Bread Slice 40 Or Ham & Cheese Pretzel Melt 32 Mixed Vegetables 12 Pears 16 Milk	10/16 Cheese Pizza 28 Or Ham & Cheese Pretzel Melt 32 Steamed Carrots 7 Applesauce 12 Milk	Daily Choice of: Chef Salad w/ Crackers 37 Turkey/Cheese Sandwich 31 PB&J Sandwich 58
10/19 General Tso Chicken w//rice Or 48 Hot Dog on a Bun 30 Steamed Broccoli 2 Pineapple Tidbits 22 Milk	10/20 Beef & Cheese Soft tacos 35 Or Hot Dog on a Bun 30 Corn 17 Cinnamon Sliced Apples 15 Milk	10/21 Cheeseburger on a Bun 31 Or Hot Dog on a Bun 30 Green Beans 7 Mixed Fruit 13 Milk	10/22 Toasted Cheese Sandwich 34 Or Hot Dog on a Bun 30 Mixed Vegetables 12 Pears 16 Milk	10/23 Pizza Round 40 Or Hot Dog on a Bun 30 French Fries 18 Applesauce 12 Milk	Daily Choice of: Chef Salad w/ Crackers 37 Ham/Cheese Sandwich 34 PB&J Sandwich 58
10/26 Chicken Nuggets w/ Bread Slice 31 Or Pulled Pork Sandwich 44 Tater Tots 16 Pineapple Tidbits 22 Milk	10/27 Beef & Cheese Nachos 41 Or Pulled Pork Sandwich 44 Corn 17 Peaches 16 Milk	10/28 Rigatoni w/ Meat Sauce & Bread Stick 45 Or Pulled Pork Sandwich 44 Green Beans 7 Mixed Fruit 13 Milk	10/29 Orange Kissed Chicken Bowl w/ Rice 47 Or Pulled Pork Sandwich 44 Steamed Broccoli 2 Pears 16 Milk	10/30 Teacher In Service- No School	Daily Choice of: Chef Salad w/ Crackers 37 Turkey/Cheese Sandwich 31 PB&J Sandwich 58