



# October 2021

ELEMENTARY LUNCH  
DAILY ALTERNATE OF ENTRÉE SALAD, SANDWICH OR WRAP



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Butternut squash is a good source of fiber!



<p>4</p> <p><b>Pancake 2 ea. with Cheesy Eggs</b> ¼ c Tater Tots ½ c Baby Carrots ¼ c</p> <p><b>ALT: Turkey Hot Dog</b></p>	<p>5</p> <p><b>Cheeseburger 1 ea</b> Baked Beans ½ c Cucumber Slices ¼ c</p> <p><b>ALT: Walking Beef Taco</b></p>	<p>6</p> <p><b>Corn Dog 1 ea</b> Roasted Green Beans ¼ c Italian Vegetables ½ c 1 serving</p> <p><b>ALT: Yakisoba Bowl</b></p>	<p>7</p> <p><b>Chicken Crisp Bowl</b> 1 serving Garden Salad 1 c Peas ¼ c Dinner Roll 1 ea</p> <p><b>ALT: Pizza 1 ea</b></p>	<p>8</p>
<p>11</p>  <p><b>NO SCHOOL</b></p>	<p>12</p> <p><b>Meatball Hoagie 1 ea</b> Garden Salad 1 c Ranch Dressing 1 pk Italian Vegetables ¼ c</p> <p><b>ALT: Chicken Nuggets 5 ea</b></p>	<p>13</p> <p><b>Arroz con Pollo</b> 1 serving Herb Roasted Tomato's ¼ c Corn ½ c</p> <p><b>ALT: Chicken Patty Sandwich 1 ea</b></p>	<p>14</p> <p><b>Cheese Pizza</b> 1 slice Baby Carrots ½ c Spanish Rice ½ c</p> <p><b>ALT: Green Chili Pork W/ Tortilla</b></p>	<p>15</p>
<p>18</p> <p><b>Pancake WG 2 ea with Cheesy Eggs</b> ¼ c Tater Tots ½ c Carrots ½ c</p> <p><b>ALT: Hot Dog 1 ea</b></p>	<p>19</p> <p><b>Chicken Taco Salad</b> 1 serving Black Beans ½ c Diced Cucumbers ¼ c</p> <p><b>ALT: Cheese Burger 1 ea</b></p>	<p>20</p> <p><b>Meat Spaghetti 1 serving</b> Green Beans ¼ c Vegetable Blend ½ c</p> <p><b>ALT: Corn Dog 1 ea</b></p>	<p>21</p> <p><b>Chicken Patty Sandwich 1 ea</b> Steamed Broccoli ¼ c Garden Salad ½ c</p> <p><b>ALT: Chili &amp; Cornbread</b></p>	<p>22</p>
<p>25</p> <p><b>Baked Ziti</b> 1 slice Corn ¼ c Garden Salad 1 c Dinner Roll 1 ea</p> <p><b>ALT: Chicken Nuggets</b></p>	<p>26</p> <p><b>Frito Pie</b> Rice ½ c Tater Totes ¼ c</p> <p><b>ALT: Chicken &amp; Waffle Sandwich 1 ea</b></p>	<p>27</p> <p><b>Hot Dog 1 ea</b> Garden Salad 1 c Ranch Dressing 1 pk Italian Vegetables ¼ c</p> <p><b>ALT: Buffalo Wrap 1 ea</b></p>	<p>28</p> <p><b>Chicken Pot Pie</b> Garden Salad 1 c Cauliflower ¼ c</p> <p><b>ALT: Pizza</b></p>	<p>29</p>

**NUTRITION BAR**



Choose from a variety of fresh fruits or vegetables.  
½ cup fruit option and milk included with your meal and offered daily.

For questions and comments, please email the Food Service Director at [faye.ortiz@aviands.com](mailto:faye.ortiz@aviands.com)



BeWell Healthy Choice



Vegetarian (Ovo-Lacto)



Local



Fresh Picks

K-12 BY ELDR

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