



# October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>Special News...</b></p> <p><i>Offered Daily at Lunch</i></p> <p>Fresh Fruit &amp; 100% Juice FF Chocolate Milk &amp; 1% White Milk</p> <p><b>Notes</b></p> <p>*= Pork Product **= Chicken Product ***=Turkey Product B=Bread Slice 2B=Bread Slices V= Vegetarian</p> <p><i>FUEL PROMOTION</i> BACKYARD BURGER &amp; ATOMIC BURGER</p> <p>Harvest of the Month: October 15<sup>th</sup> Gala Apples</p> <p>Menus are subject to change without notice.</p>
<p><b>1</b></p> <p>1) Salisbury Steak &amp; Gravy w/B 2) Breaded Chicken Sandwich 3) Sun Butter &amp; Jelly (V) 4) Cheesy Wrap (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch</p>	<p><b>2</b></p> <p>1) Macaroni &amp; Cheese (V) 2) Hot Dog*** on a Bun 3) Sun Butter &amp; Jelly (V) 4) Popcorn Chicken Salad w/B 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Veg. Baked Beans, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups</p>	<p><b>3</b></p> <p>1) Chicken Tenders w/B 2) BBQ Rib* on a Bun 3) Sun Butter &amp; Jelly (V) 4) Egg Chef Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Apricot Halves</p>	<p><b>4</b></p> <p>1) Cheesy Baked Penne (V) 2) Chicken Nuggets w/B 3) Sun Butter &amp; Jelly (V) 4) Fruit, Yogurt &amp; Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Green Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice</p>	<p><b>5</b></p> <p>1) Fish &amp; Cheese Melt 2) Spicy Breaded Chicken Sandwich 3) Sun Butter &amp; Jelly (V) 4) Ham** Chef Salad w/2B 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Broccoli, Side Salad, Variety Fresh Fruit, 100% Grape Juice</p>	
<p><b>8</b></p> <p><b><u>NO SCHOOL</u></b></p>	<p><b>9</b></p> <p><i>FUEL PROMOTION</i> 1) Pancakes w/ Sausage** 2) Corn Dog** on a Stick 3) Sun Butter &amp; Jelly (V) 4) Romaine/Cheese Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Tater Tots, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch</p>	<p><b>10</b></p> <p><i>FUEL PROMOTION</i> 1) Cheese Quesadilla (V) 2) Hot Dog*** on a Bun 3) Sun Butter &amp; Jelly (V) 4) Ham** Chef Salad w/2B 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears</p>	<p><b>11</b></p> <p><i>FUEL PROMOTION</i> 1) Beef Soft Tacos 2) Chicken Nuggets w/B 3) Sun Butter &amp; Jelly (V) 4) Pretzel, Yogurt and Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Refried Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice</p>	<p><b>12</b></p> <p><i>FUEL PROMOTION</i> 1) Popcorn Chicken w/B 2) Ham**, Onion &amp; Cheese Flatbread 3) Sun Butter &amp; Jelly (V) 4) Ham** &amp; Cheese Sandwich 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Spinach, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup</p>	
<p><b>15</b></p> <p><i>FUEL PROMOTION</i> 1) Pizza Sticks w/ Marinara (V) 2) Cheeseburger 3) Sun Butter &amp; Jelly (V) 4) Cheesy Wrap (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Green Beans, Fresh Baby Carrots, HOTM: <b>Fresh GALA Red Apple</b>, 100% Fruit Punch</p>	<p><b>16</b></p> <p><i>FUEL PROMOTION</i> 1) Chicken Mashed Potato Bowl 2) Hot Dog*** on a Bun 3) Sun Butter &amp; Jelly (V) 4) Bagel, CC &amp; Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Carrots, Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups</p>	<p><b>17</b></p> <p><i>FUEL PROMOTION</i> 1) Hot Ham** &amp; Cheese on Bun 2) Spicy Breaded Chicken Sandwich 3) Sun Butter &amp; Jelly (V) 4) Romaine/Cheese Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Seasoned Baby Peas, Fresh Broccoli, Fresh Green Apple, Diced Peaches</p>	<p><b>18</b></p> <p><i>FUEL PROMOTION</i> 1) Tater Tot Chicken Nachos w/ Scps 2) Chicken Nuggets w/B 3) Sun Butter &amp; Jelly (V) 4) Muffin, Yogurt &amp; Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Veg. Baked Beans, Fresh Cucumber Slices, Fresh Banana, 100% Apple Juice</p>	<p><b>19</b></p> <p><i>FUEL PROMOTION</i> 1) Chicken Ranch Club Flatbread 2) Fish Sticks w/B 3) Sun Butter &amp; Jelly (V) 4) Egg Chef Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Golden Kernel Corn, Side Salad, Variety Fresh Fruit, Pineapple Cuo</p>	
<p><b>22</b></p> <p>1) Country Fried Steak &amp; Gravy w/B 2) Hot Dog*** on a Bun 3) Sun Butter &amp; Jelly (V) 4) Romaine/Cheese Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Mashed Potatoes, Fresh Baby Carrots, Fresh Orange Wedges, 100% Fruit Punch</p>	<p><b>23</b></p> <p>1) Rotini w/ Meat Sauce 2) Chicken Tenders w/B 3) Sun Butter &amp; Jelly (V) 4) Egg, Cheese &amp; Goldfish (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups</p>	<p><b>24</b></p> <p>1) Corn Dog** on a Stick 2) Breaded Chicken Sandwich 3) Sun Butter &amp; Jelly (V) 4) Cheesy Wrap (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> French Fries, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears</p>	<p><b>25</b></p> <p>1) Spicy Breaded Chicken Sandwich 2) BBQ Rib* Patty on a Bun 3) Sun Butter &amp; Jelly (V) 4) Ham** &amp; Cheese Sandwich 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Carrots, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup</p>	<p><b>26</b></p> <p><b><u>NO SCHOOL</u></b></p>	
<p><b>29</b></p> <p>1) Waffles w/ Sausage** 2) Cheeseburger 3) Sun Butter &amp; Jelly (V) 4) Egg Chef Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Tater Tots, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch</p>	<p><b>30</b></p> <p>1) Sloppy Joe Melt 2) Breaded Chicken Sandwich 3) Sun Butter &amp; Jelly (V) 4) Bagel, CC &amp; Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza</p> <p><b>Fruits &amp; Vegetables</b> Seasoned Baby Peas, Fresh Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups</p>	<p><b>31</b></p> <p>1) Meatball Sub on a Bun 2) Popcorn Chicken w/B 3) Sun Butter &amp; Jelly (V) 4) Romaine/Cheese Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza</p> <p><b>Fruits &amp; Vegetables</b> Steamed Spinach, Fresh Red Pepper Strips, Fresh Green Apple, Diced Peaches</p>	<p>For additional Nutritional Education Materials, please visit <a href="http://www.usd16.org">www.usd16.org</a>, click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!</p>		