

October 2019



EL COMEIDOR

LUNCH MENU

Student Name _____

Grade _____

Vegetarian Option



What's on your playlist?

National School Lunch Week
October 7th – 11th

MON	1 TUE	2 WED	3 THU	4 FRI
<p>Seasoned Corn Garlic Mashed Potatoes WG Chicken Tenders BBQ sauce or Ranch Dressing Chilled Pears</p> <p>v 1/2 c v 1/4 c 3 ea 1 ea 1/2 c</p>	<p>WG Macaroni & Cheese Bowl w/Broccoli, Carrots, Shredded Cheeses, Turkey Bacon, Seasonings Chilled Apple Slices</p> <p>v 3/4 c v 2 oz v 3.3 oz 1 oz 1 bag</p>	<p>Seasoned Green Beans WG Spaghetti w/ Turkey Meat Sauce WG Cheesestick w/ Marinara Sauce Chilled Mixed Fruit</p> <p>v 1/2 c 1/2 c 2 ea 1 oz 1/2 c</p>	<p>Oven Fries Cheeseburger or (Beef or Turkey) on WW Bun w/Lettuce, Tomato Ketchup/Mustard Chilled Orange</p> <p>v 3 oz 2 oz 1 ea 1 ea</p>	
7 MON – Chef Nikki	8 TUE – Chef Milton	9 WED – Chef Shelita	10 THU – Chef Don	11 FRI – Chef Steffani
<p>Broccoli & Carrots Stir Fry Ramen Noodles Teriyaki Chicken w/Sesame Seeds Soy Sauce Chilled Pears</p> <p>v 3/4 c 2 oz 2 oz 1/2 c</p>	<p>Crispy Waffle Fries Tasty Chicken Breast w/Pickle Slice on WG Bun Savory Sauce Chilled Orange</p> <p>3 oz 3.5 oz 1 sl 1 ea 1 ea</p>	<p>Loaded Baked Potato w/Broccoli, Cauliflower Shredded Cheese, Turkey Bacon, Sour Cream Chives WW Roll Chilled Granny Smith Apple</p> <p>v 1 ea 1/2 c 2 oz 1 oz 1 ea 1 ea</p>	<p>Crispy Fries Vegetarian Baked Beans Beef or Turkey Hotdog on WW Bun Chilled Applesauce</p> <p>2 oz 1/2 c 2 oz 1 ea 1 ea</p>	<p>Hash Browns WG Mini Pancakes w/100% Maple Syrup Turkey Sausage Links Orange Juice</p> <p>v 2 ea 3 ea 1 oz 2 ea 4 oz</p>
14 MON	15 TUE	16 WED	17 THU	18 FRI
<p>Fall Break October 14 - 18, 2019</p>				
21 MON	22 TUE	23 WED	24 THU	25 FRI
<p>Baby Carrots w/Ranch Dressing Turkey Combo w/ Cheese on WW Hoagie Bun w/Lettuce, Tomato Chilled Peaches</p> <p>v 1/2 c 2 oz 1 ea 1/2 c</p>	<p>Refried Beans Mexican Corn Grilled Chicken Burrito w/ Salsa, Shr Cheese Sour Cream Chilled Pears</p> <p>v 1/2 c v 1/4 c 1 ea 1/2 c</p>	<p>Garden Salad w/ Ranch Dressing WG Cheese Pizza Chilled Fuji Apple</p> <p>v 1 c 1 ea 1 ea</p>	<p>Mixed Greens Cheese Lasagna Rollup w/ Chicken Meatball Chilled Mixed Fruit</p> <p>v 1/2 c v 1 ea 1 ea 1/2 c</p>	<p>Oven Fries Baked Beans WG Mini Turkey Corn Dogs Ketchup Chilled Orange</p> <p>v 3 oz 1/4 c 6 ea 1 ea</p>
28 MON	29 TUE	30 WED	31	<p>National Apple Month</p>
<p>Creamy Tomato Basil Soup 3-Cheese Grilled Sandwich on WW Bread Chilled Orange</p> <p>v 8 oz 2 oz 2 sl 1 ea</p>	<p>Sliced Potatoes Seasoned Green Beans WG Chicken Tenders Chilled Peaches</p> <p>v 1/4 c v 1/2 c 3 ea 1/2 c</p>	<p>Walking Taco w/Salad Greens, Red & Green Peppers, Onions, Tomatoes Tacc Sauce Sour Cream Chilled Gala Apple</p> <p>1 ea 2 c</p>	<p>Asian Style Vegetables Steamed Rice Orange Chicken Chilled Pears</p> <p>v 3/4 c v 2 oz 3 oz 1/2 c</p>	

"The USDA is an equal opportunity provider and employer."

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BREAKFAST & SNACK MENU

BREAKFAST									
All Breakfasts include: Fruit or 100% Fruit Juice Low Fat Plain Milk, Fat-Free Chocolate Milk or Fat-Free Strawberry Milk									
MON		TUE		WED		THU		FRI *Grandparents' Morning menu – see bottom of page	
Assorted Whole Grain	1 oz	Assorted Whole Grain Cereals	1 oz	WG French Toast w/100% Maple Syrup	1 oz 1 tbsp	Chicken Patty	1.5 oz	Assorted Whole Grain Cereals	1 oz
Craisins	1 pk	Applesauce	½ c	Turkey Sausage	1.9 oz	WG Biscuit	2.1 oz	Applesauce	½ c
Chilled Apple Slices	1 pk	100% Orange Juice	½ c	Chilled Dried Cherries	¼ c	Chilled Apple	1 ea	100% Apple Juice	½ c
				Chilled Strawberries	½ c				

SNACK									
MON		TUE		WED		THU		FRI	
WG Rice Krispy Treat	1.4 oz	WG Lil Graham Crackers	1 oz	WG Chocolate Chip Cookies	1.22 oz	Golden Graham Crackers	3 ea	WG Cheddar Goldfish	1 oz
Chilled Apple	1 ea	Applesauce	4 oz	Cheese stick	1 ea	Strawberry Yogurt	4 oz	Fruit Rollup	1 ea
100% Apple Juice (JK-K)	4 oz	Water	8 oz	Milk	8 oz	Water	8 oz	100% Orange Juice (JK-K)	4 oz
100% Apple Juice (1 st -6 th)	6 oz							100% Orange Juice (1 st – 6 th)	6 oz

Grandparents' Morning Breakfast Menu

(served from 7 am – 7:45 am)

- Scrambled Eggs w/Cheese / Hash Browns
- Turkey Bacon
- Biscuits w/Butter & Strawberry Preserves
- Apple Dumplings
- Apple Juice / Orange Juice / Coffee