

# October 2018

Name: \_\_\_\_\_

## LUNCH



Please Circle the days you wish your child to take hot Lunch  
Child \$2.70 Adult \$3.00 Milk \$0.10  
Return copy to school by September 20



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Cheeseburger Pockets  
Veggie Fruit

1

### Tuesday

Enchiladas  
Veggie Fruit

2

### Wednesday

Ham, Egg and Cheese Bagel Sandwiches  
Veggie Fruit

3

### Thursday

Chicken Nuggets  
French Fries  
Veggie Fruit

4

### Friday

Bring Lunch

5

Beef Stroganoff with noodles  
Veggie Fruit

8

Pasta Marinara and Meatballs  
Veggie Fruit

9

French Toast Sausage  
Fruit

10

Cheese Quesadillas  
Beans and Rice  
Veggie Fruit

11

Bring Lunch

12

Pancakes  
Bacon  
Fruit

15

Sloppy Joes  
Veggie Fruit

16

Homemade Ham and Cheese Pockets  
Veggie Fruit

17

Chicken Nugget Casserole  
Veggie Fruit

18

Bring Lunch

19

Oatmeal Bake  
Veggie Fruit

22

Grilled Cheese Tomato Soup  
Veggie Fruit

23

Nachos  
Taco meat, Beans, Cheese, Salsa, sour cream  
Salad, Fruit

24

Homemade Pizza Rolls  
Veggie Fruit

25

No School

26

Chicken Stuffing Casserole  
Veggie Fruit

29

Sweet and Sour Meatballs  
Veggie Fruit

30

Homemade Mac and Cheese  
Veggie Fruit

31

