

# OCTOBER 2017

## FRIESS LAKE SCHOOL DISTRICT LUNCH MENU



October  
9-13<sup>th</sup>

Menu subject to change. Lunch Price is \$2.65. All meals come with choice of low-fat or skim milk. Ala carte milk is 25¢. Fresh Apples offered as a daily fruit choice.

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct Mini Corn Dogs or Bratwurst Tossed Romaine Salad Macaroni & Cheese Garden Green Peas Fruit Cocktail	3-Oct BBQ Rib Sandwich or Yogurt & Bagel Tossed Romaine Salad Sweet Potato Fries Baked Beans Peach Slices	4-Oct WI Grown Baked Potato with Diced Ham, Cheese & Broccoli or Turkey & Cheese Roll-up Tossed Romaine Salad Pineapple Tidbits Soft Pretzel & Cheese Sauce	5-Oct Chicken Pot Pie with Biscuit or PB&J & String Cheese Tossed Romaine Salad California Blend Vegetables Applesauce Chocolate Pudding	6-Oct Fish Melt Sandwich or Ham & Cheese on Bun Tossed Romaine Salad Tator Tots Fresh Pear Coleslaw
9-Oct Popcorn Chicken or PB&J & String Cheese Tossed Romaine Salad Fresh Vegetables Pear Slices Rice Krispie Bar <b>Happy October Birthdays</b>	10-Oct Nachos Supreme or Grilled Chicken Sandwich Tossed Romaine Salad Refried Beans Corn Mandarin Oranges	11-Oct Cheese Dunkers & Sauce or Turkey & Cheese Bagel Tossed Romaine Salad Green Beans Pineapple Tidbits Ice Cream Cup	12-Oct Eggs & French Toast Sticks or Yogurt & Banana Bread Breakfast Potatoes Fresh Apple Sunset Sip Juice 	13-Oct Italian Grilled Cheese & Sauce or Build-Your-Own Pizzable Tossed Romaine Salad Country Mixed Vegetables Italian 3-Bean Salad Peach Slices
16-Oct Chicken Nuggets or Yogurt & Muffin Tossed Romaine Salad Glazed Carrots Pear Slices Dinner Roll	17-Oct Pizza Pasta Bake or Turkey & Cheese Roll-up Tossed Romaine Salad Green Beans Fresh Apple Slices Garlic Bread	18-Oct Ham & Cheese on Pretzel Bun or PB&J & String Cheese Tossed Romaine Salad Oven Baked Fries Fresh Midwest Vegetables Pineapple Tidbits	19-Oct Breaded Chicken Sandwich or Hot Dog Tossed Romaine Salad Baked Beans Corn Peach Slices	20-Oct Chicken Strips or Ham & Cheese Roll-up Tossed Romaine Salad Steamed Rice Country Mixed Vegetables Applesauce
23-Oct Meatballs & Marinara Spaghetti Noodles & Breadsticks or Yogurt & Muffin Tossed Salad CA Blend Veg Pear Slices  <b>National Pasta Month</b>	24-Oct Cheese Pizza or Hamburger Tossed Romaine Salad Garden Green Peas Peach Slices Jello	25-Oct Teriyaki Chicken Bites or PB&J & String Cheese Tossed Romaine Salad Steamed Rice Broccoli Fruit Medley	26-Oct 27-Oct <b>No School Today</b>	
30-Oct Hot Dog or PB&J & String Cheese Tossed Romaine Salad Tator Tots Baked Beans Fruit Cocktail	31-Oct Trick or Treat Chicken Nuggets or Turkey & Cheese Roll-up Tossed Romaine Salad Oven Roasted Squash Applesauce Halloween Pudding Cup 	 <p><b>Crunch into a local Midwest Apple on 10/12</b></p>  <p><b>This month features Midwest grown...</b> Apples Potatoes Cucumbers Radishes Peppers</p>		

This institution is an equal opportunity provider and employer.