



Menu for October 2017

*Mount Yonah Elementary School
Becky Lingerfelt, Manager*



Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
<p>Corndog Cuban Sandwich Broccoli with Cheese Black-Eyed Peas Tossed Salad</p>	<p>Chicken Nuggets Ham and Cheese Sandwich Mashed Potatoes Green Peas Roll Tossed Salad</p>	<p>Cheesy Breadsticks with Marinara Sauce Hotdog Queso Cheese Pasta Green Beans Coleslaw</p>	<p>Dominos Cheese Pizza Dominos Pepperoni Pizza Broccoli Cheese Soup Corn Tossed Salad Fruit Ice Cookie</p>	<p>Chicken Sandwich Sloppy Joes Baked Beans Potato Wedges Tossed Salad</p>
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
	National School Lunch Week			
<p>Steak Fingers with Gravy Deli Wrap Rice Broccoli with Cheese Roll Tossed Salad</p>	<p>Chicken Fajita Nachos Chicken Quesadilla Pinto Beans Corn Tossed Salad Pudding</p>	<p>General Tso's Chicken with Rice Ribeque Breaded Veggie Sticks Diced Carrots Tossed Salad</p>	<p>Cheese Pizza Pepperoni Pizza Grilled Cheese Sandwich Tomato Soup Green Peas Veggie Dippers</p>	<p>No school</p>

AVAILABLE DAILY

*Salad and Fruit available daily
with lunch.*

**Breakfast Items include: Biscuit or
Choice of Entrée, Cereal, Muffins,
Assorted Fruits and Juices, and
Choice of Milk.**

**Morning Snack Packs are available in
the hall for those students who choose
to not eat in the Cafeteria.**

**Daily Milk Choices include 1%, fat
free chocolate and strawberry milk.**

**Full Meal Prices: Breakfast free,
Lunch: \$1.90, reduced price \$0.40
School Staff: Breakfast \$1.50,
Lunch \$3.25
Visitors: Breakfast \$1.50,
Lunch \$3.50**

**Menu subject to change
due to availability.**

**This institution is an
equal opportunity provider.**

Monday, October 16

Chicken Alfredo
Corndog
Green Beans
Glazed Carrots
Texas Toast

Tuesday, October 17

Taco Tuesday

Tacos
Cheese
Quesadilla
Pinto Beans
Corn
Salsa/Lettuce/
Tomatoes

Wednesday, October 18

Chicken Tenders
Yogurt Plate
Lima Beans
Macaroni and
Cheese
Tossed Salad
Roll

Thursday, October 19

Dominos Cheese
Pizza
Dominos
Pepperoni Pizza
Deli Sandwich
Potato Smiles
Corn
Veggie Dippers

Friday, October 20

BBQ on Bun
Cheesy
Breadsticks with
Marinara Sauce
Oven Fries
Baked Beans
Tossed Salad



An apple a day keeps the doctor away!

Monday, October 23

Chicken Strips
with Gravy
Yogurt Plate
Mashed Potatoes
Green Peas
Tossed Salad
Biscuit

Tuesday, October 24

Chili
Hotdog
Baked Potato
Broccoli
with Cheese
Carrot Coins

Wednesday, October 25

Chicken
Parmesan
Turkey Sandwich
on Ciabatta
Roasted Potatoes
Corn
Roll
Tossed Salad

Thursday, October 26

Cheese Pizza
Pepperoni Pizza
Chicken and
Cheese Burrito
Queso
Cheese Pasta
Green Beans
Tossed Salad

Friday, October 27

Hamburger
Chicken Sandwich
Baked Beans
Potato Wedges
Sandwich Fixings



Monday, October 30

Southern BBQ
Chicken
Sandwich
Macaroni and
Cheese
Green Beans
Roll

Tuesday, October 31

Spaghetti
Mini Corndogs
Broccoli
Carrot Coins
Texas Toast
Tossed Salad
Cake



National School Lunch Week
October 9-13, 2017

#NSLW17
#schoollunch
#recipesforsuccess