

Calhoun County Schools

Elementary Lunch October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct - 1 Sloppy Joes Creamy Coleslaw Oven Fries Pears Milk Choice	Oct - 2 Chicken Fajita Refried Beans Chopped Romaine Tomatoes Mandarin Oranges Milk Choice	Oct - 3 Grilled Chix Sand Potatoes, Rds/Tots Chopped Romaine Mixed Fruit Milk Choice
Oct - 6 Pork Roast Potatoes, Roasted Broccoli Glazed Carrots Toasted Bun Pears Milk Choice	Oct - 7 Cheesy Chicken & Ric Green Beans Romaine Spinach Sala Ranch Dressing Sliced Peaches Breadstick WW Milk Choice	Oct - 8 Hotdog Baked Beans Creamy Coleslaw Mixed Fruit Brownie, WG Milk Choice	Oct - 9 Taco With Chips Cheddar Cheese, Shre Pinto Beans WK Corn Romaine Spinach Sala Ranch Dressing Tomatoes Chilled Pineapple Milk Choice	Oct - 10 Early Dismissal Sack Lunch Milk Choice
Oct - 13 Fall Break	Oct - 14 Fall Break	Oct - 15 Chicken Penne Glazed Carrots Chilled Pineapple Belly Bears WG Choc Milk Choice	Oct - 16 Corndog Baked Beans Chopped Romaine Ranch Dressing Sliced Peaches Milk Choice	Oct - 17 Crispito Cheddar Cheese, Shre Pinto Beans WK Corn Chopped Romaine and Ranch Dressing Apple Milk Choice
Oct - 20 Chix Sandwich Baked Beans Baked Sweet Potato Mixed Fruit Brownie, WG Milk Choice	Oct - 21 Spaghetti WK Corn Romaine Spinach Sala Ranch Dressing Sliced Peaches Breadstick WW Milk Choice	Oct - 22 Hamburger Potatoes, Rds/Tots Glazed Carrots Pears Milk Choice	Oct - 23 Fish Nuggets Corn Nuggets Creamy Coleslaw Green Beans Mandarin Oranges Milk Choice	Oct - 24 Pizza, Pepperoni 4X6, California Vegetables Romaine Spinach Sala Ranch Dressing Marinara Sauce Breadstick WW Chilled Pineapple Milk Choice
Oct - 27 Grilled Chix Sand Potatoes, Rds/Tots Chopped Romaine Mixed Fruit Milk Choice	Oct - 28 Chicken Nuggets Green Beans Mashed Potatoes Breadstick WW Sliced Peaches Milk Choice	Oct - 29 Beef-A-Roni Glazed Carrots Broccoli Whole Wheat Roll Pears Belly Bears WG Choc Milk Choice	Oct - 30 Baked Chicken Gravy Brown Rice Black Eye Peas Green Peas Cornbread WW Belly Bears WG Choc Oranges Milk Choice	Oct - 31 Cheese Pizza Dippers California Vegetables Marinara Sauce Chopped Romaine and Ranch Dressing Chilled Pineapple Milk Choice

This institution is an equal opportunity provider

Menu subject to change

Meals must have 1/2 cup fruit or vegetable and at least 2 other choices (meat, bread/grain or milk) as part of the Offer vs Serve Program.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.