

FOOD FUN

OCTOBER 2017

INDIAN HILL ELEMENTARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info... LUNCH \$3.10 A lunch consists of 5 components: 1 meat/meat alternate (protein) 1 Grain 1 Vegetable 1 Fruit 1 Milk</p> <p>All main lunch items meet the meat/meat alternate and grain requirement which counts as 2 components.</p> <p>STUDENTS MUST TAKE AT LEAST 3 of 5 components and 1 MUST BE A FRUIT OR VEGETABLE FOR IT TO BE A LUNCH, OTHERWISE IT MUST BE CHARGED A LA CARTE.</p> <p><u>The following are available for purchase a la carte:</u></p> <p>Extra Entrée \$3.10 Extra Fruit \$.90 Extra Vegetable \$.90 Small Water \$.65 Milk \$.65</p> <p>Our lunches focus on nutrient dense whole grain breads, buns, and rolls.</p>
<p>2 Breaded Mozzarella Sticks w/ Marinara Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Golden Corn, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk</p>	<p>3 Cheeseburger Rolletto Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk</p>	<p>4 Orange Popcorn Chicken w/ Broccoli & WG Rice Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk</p>	<p>5 French Toast Sticks w/ Syrup & Sausage Patty Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Black Charro Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk</p>	<p>6 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk</p>	
<p>9 Salisbury Steak w/ Parsley Egg Noodles & Brown Gravy Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Green Beans, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk</p>	<p>10 Chicken Mashed Potato Bowl w/ Pretzel Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Steamed Carrots, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk</p>	<p>11 Chili Mac Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Zucchini, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk</p>	<p>12 Mini Corn Dogs Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Kickin' Pinto Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk</p>	<p>13 STAFF DEVELOPMENT NO SCHOOL</p>	
<p>16 NO SCHOOL</p>	<p>17 Fish Sticks w/ Mac n' Cheese Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk</p>	<p>18 Chicken Tenders w/ Pretzel Rod Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk</p>	<p>19 Max Pizza Sticks w/ Marinara Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Black Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk</p>	<p>20 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk</p>	
<p>23 Cheese Quesadilla Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Mashed Potatoes, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk</p>	<p>24 Rotini w/ Meat Sauce & Breadstick Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk</p>	<p>25 Broccoli & Cheese Baked Potato w/ Pretzel Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk</p>	<p>26 Beef & Bean Rice Bowl Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Vegetarian Baked Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk</p>	<p>27 NO SCHOOL</p>	
<p>30 Meatloaf w/ Brown Gravy & Dinner Roll Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: French Fries, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk</p>	<p>31 Chicken Mashed Potato Bowl w/ Pretzel Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Steamed Zucchini, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk</p>				

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Available Daily...

- SunButter & Jelly Sandwich
- Yogurt Boat (4 oz. Yogurt, String Cheese, Goldfish Crackers)
- Variety of Fruit
- Variety of Vegetables
- Variety of 1% and Skim Milk

Menus are subject to change without notice.

