

FOOD FUN

OCTOBER 2017

INDIAN HILL PRIMARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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	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	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	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	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	More Info... LUNCH \$3.10 A lunch consists of 5 components: 1 meat/meat alternate (protein) 1 Grain 1 Vegetable 1 Fruit 1 Milk All main lunch items meet the meat/meat alternate and grain requirement which counts as 2 components. STUDENTS MUST TAKE AT LEAST 3 of 5 components and 1 <u>MUST BE A FRUIT OR VEGETABLE FOR IT TO BE A LUNCH, OTHERWISE IT MUST BE CHARGED A LA CARTE.</u> <u>The following are available for purchase a la carte:</u> Extra Entrée \$3.10 Extra Fruit \$.90 Extra Vegetable \$.90 Small Water \$.65 Milk \$.65 Our lunches focus on nutrient dense whole grain breads, buns, and rolls.
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	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	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	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	13 STAFF DEVELOPMENT NO SCHOOL	
16 NO SCHOOL	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	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	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	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	
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	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	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	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	27 NO SCHOOL	
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	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				

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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.

