

Celebrate
National School
Lunch Week
October 9-13th

OCTOBER 2023

ELEMENTARY
LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 A: Chicken Nuggets B: Macaroni and Cheese ✓ ½ c Fresh Baby Carrots ½ c Peas</p>	<p>3 A: Bean and Cheese Burrito ✓ B: Mini Corn Dogs ½ c Seasoned Corn ½ c Fresh Broccoli</p>	<p>4 National Taco Day A: Beef Taco Bar B: Cheese Quesadilla ✓ ½ c Italian Vegetables ½ c Fresh Baby Carrots</p>	<p>5 A: BBQ Chicken Thigh/wRoll B: Grilled Cheese ✓ ½ c Mashed Potatoes ½ c Baked Beans</p>	<p>6 A: Cheese or Pepperoni Pizza ✓ B: Fish Sticks ½ c Garden Salad ½ c Roasted Cauliflower</p>
<p>9  <i>Indigenous Peoples Day No School</i></p>	<p>10 A: Tamale/w Side of Nachos ✓ B: Chicken Nuggets ½ c Refried Beans ¼ c Salsa ½ c Garden Salad</p>	<p>11 A: Hot Dog B: Macaroni and Cheese ✓ ½ c Seasoned Corn ½ c Fresh Broccoli ½ c Garden Salad</p>	<p>12 A: Chicken Drumstick/wRoll B: Grilled Cheese ✓ ½ c Homemade Pickles ½ c Fresh Baby Carrots</p>	<p>13 A: Cheese or Pepperoni Pizza B: Chicken Party Sandwich ½ c Steamed Broccoli ½ c Fresh Baby Carrots</p>
<p>16 A: BBQ Bird Daug B: Hamburger ½ c potato wedges ½ c Garden Salad</p>	<p>17 A: Orange Chicken/w Brown Rice B: Chicken Tenders ½ c Asian Vegetables ½ c Fresh Bell Peppers</p>	<p>18 A: Spaghetti and Meat Sauce/w Breadstick B: Corn dog ½ c Italian Vegetables ½ c Fresh Broccoli ½ c Side Salad</p>	<p>19 A: Frito Pie B: Fish Sandwich ½ c Baked Beans ½ c Fresh Baby Carrots</p>	<p>20 A: Cheese or Pepperoni Pizza ✓ B: Meatball Hoagie ½ c Seasoned Carrots ½ c Herbed Tomatoes</p>
<p>23 A: Philly Cheesesteak/w Green Chili B: Cheeseburger ½ c Mashed Potatoes ½ c Cucumbers</p>	<p>24 A: Beef Walking Taco B: Chicken Nuggets ½ c Seasoned Black Beans ¼ c Salsa ½ c Garden Salad</p>	<p>25 A: Spicy Stuffed Biscuit B: Hotdog ½ c Mexican Street Corn ½ c Steamed Peas ½ c Warm Cinnamon Apples</p>	<p>26 National Pumpkin Day A: Oven Fried Chicken B: Grilled Cheese ✓ 1 c Garden Salad ½ c Homemade Pickles Pumpkin Square</p>	<p>27 A: Cheese Pizza or Pepperoni Pizza ✓ B: Buffalo Chicken Sandwich ½ c Steamed Broccoli ½ c Fresh Baby Carrots</p>
<p>30 A: Warm Buffalo Chicken Sandwich B: Hamburger ½ c Potato Wedges ½ c Garden Salad</p>	<p>31 A: Sweet and Sour Meatballs/w Brown Rice B: Chicken Tenders ½ c Asian Vegetables ½ c Fresh Bell Peppers</p>			

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

- ✓ Vegetarian (Ovo-Lacto)
- 🍏 Fresh Picks

For questions and comments, please email the Food Service Director at Mark.House@k12byelior.com

This institution is an equal opportunity provider

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