

Elementary Lunch Menu

Lunch Price:

Students \$2.05 Adult \$3.50

Reduce \$0.40 Milk \$0.50

OCTOBER 2018
South Hill

Want to get your engine going?



Eat Fruits and Veggies!

Mon	Tue	Wed	Thu	Fri
1 Chicken Tenders Golden Corn Fresh Broccoli & Cucumber Slices Fresh Peach or Pear	2 Hamburger or Cheeseburger WG/Bun Potato Rounds Slice Tomato/Lettuce Cantaloupe/Honey Dew Cup	3 Hot Slice Turkey Seasoned Cabbage Mashed Potatoes WG Roll Grapes or Plum	4 Spaghetti w/Bread Stick Fresh Salad or Green Beans Fresh Orange or Nectarine	5 APPLE CRUNCH DAY Pizza Cheese or Pepperoni Fresh Carrots Fresh Apple
8 Chicken Patty Green Peas Mash Potatoes Fruit WG/Roll	9 Beef Taco's w/Tortilla Rounds Golden Corn Pinto Beans Lettuce/Tomato Fruit	10 Chicken Pot Pie Broccoli Fruit WG Roll	11 Hot Dog on WB Bun Cole Slaw or Seasoned Cabbage Baked Beans Fruit	12 Corn Dog on Stick Lima Beans Potato Roundettes Rush
15 Spaghetti w/Bread Stick Corn on Cobb Toss Salad Dice Peaches NATIONAL	16 Chicken Nuggets Green Beans Potato Rounds Banana Early Dismissal	17 Popcorn Chicken Mash Potato's Green Peas Manadarin Oranges SCHOOL	18 Beef Taco's w/Tortilla Rounds Corn—Lettuce Tomato Strawberries LUNCH	19 Pizza Pepperoni Broccoli Rush WEEK
22 Chicken Tender Green Peas & Carrots WG/Roll Fruit	23 Hamburger or Cheeseburger WG/Bun Macaroni & Cheese Turnip Greens Fruit	24 Chicken n'Waffles Potato Triangle Green Beans Spiced Apples	25 Spaghetti w/Bread Stick Fresh Salad or Broccoli Fruit	26 Corn Dog Nugget Lima Beans Corn Fruit
29 Chicken Patty Green Peas Mash Potatoes Fruit WG/Roll	30 Beef Taco's w/Tortilla Rounds Golden Corn Pinto Beans Lettuce/Tomato Fruit	31 Chicken Alfredo w/ Spaghetti Noodles Broccoli Fruit WG Roll	USDA is an equal opportunity provider and employer. Menus subject to change based on availability.	
DAILY SERVING OF FRUIT & MILK EACH DAY				