

# Calhoun County Schools

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Elementary Lunch  
October 2016

Sep 27, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Pork Roast Potatoes, Roasted Broccoli Glazed Carrots Toasted Bun Pears Milk Choice	Oct - 4 Cheesy Chicken & Ric Green Beans Romaine Spinach Sala Ranch Dressing Sliced Peaches Bread, Rip Stick Bread Milk Choice	Oct - 5 Hotdog Baked Beans Creamy Coleslaw Mixed Fruit Brownie, WG Milk Choice	Oct - 6 Taco With Chips Cheddar Cheese, Shre WK Corn Romaine Spinach Sala Ranch Dressing Tomatoes Chilled Pineapple Milk Choice	Oct - 7 Quesadilla, Chicken W Cheddar Cheese, Shre Pinto Beans Chopped Romaine and Ranch Dressing Apple Milk Choice
Oct - 10 Chix Sandwich Baked Beans Baked Sweet Potato Mixed Fruit Brownie, WG Milk Choice	Oct - 11 Spaghetti WK Corn Romaine Spinach Sala Ranch Dressing Sliced Peaches Bread, Rip Stick Bread Milk Choice	Oct - 12 Hamburger Potatoes, Rds/Tots Glazed Carrots Pears Milk Choice	Oct - 13 Fish Nuggets Corn Nuggets Creamy Coleslaw Green Beans Mandarin Oranges Milk Choice	Oct - 14 Pizza, Pepperoni 4X6, California Vegetables Romaine Spinach Sala Ranch Dressing Marinara Sauce Breadstick WW Chilled Pineapple Milk Choice
Oct - 17 Fall Break	Oct - 18 Fall Break	Oct - 19 Fall Break	Oct - 20 Fall Break	Oct - 21 Fall Break
Oct - 24 Grilled Chix Sand Fries, oven cook straig Chopped Romaine Mixed Fruit Milk Choice	Oct - 25 CHICKEN NUGGETS Green Beans Mashed Potatoes Bread, Rip Stick Bread Sliced Peaches Milk Choice	Oct - 26 Chili Grilled Cheese Glazed Carrots Pears Whole Grain Crackers Milk Choice	Oct - 27 Chicken Fajita Refried Beans Chopped Romaine Tomatoes Mandarin Oranges Milk Choice	Oct - 28 Cheese Pizza Dippers California Vegetables Marinara Sauce Chopped Romaine and Ranch Dressing Chilled Pineapple Milk Choice
Oct - 31 Pork Roast Potatoes, Roasted Broccoli Glazed Carrots Toasted Bun Pears Milk Choice				

This institution is an equal opportunity provider

Menu is 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.