



# OCTOBER



## Muroc JUSD Elementary Lunch 2017

LSB

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>BAKED CHICKEN NUGGETS ^</b> Diced Pears Choice of Milk Salad Bar Selections</p>	<p><b>3</b></p> <p><b>CHEESE PIZZA ^</b> Orange Sorbet 100% Juice Choice of Milk Salad Bar Selections Green Pepper Slices</p>	<p><b>4</b></p> <p><b>TACO MEAT</b> Tostada Bowl^ Pineapple Tidbits Choice of Milk Salad Bar Selections Black Beans Corn</p>	<p><b>5</b></p> <p><b>CRISPY CHICKEN FILLET ^</b> Hamburger Bun ^ Fresh Apple Slices Choice of Milk Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>	<p><b>6</b></p> <p><b>BAGEL DOG ^</b> Fresh Banana Choice of Milk Salad Bar Selections Pickle Chips</p>
<p><b>9</b></p> <p><b>NO SCHOOL</b></p>	<p><b>10</b></p> <p><b>FRENCH TOAST STICKS W/SAUSAGE ^</b> Syrup Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins</p>	<p><b>11</b></p> <p><b>BUFFALO CHICKEN</b> Soft Tortilla ^ Diced Peaches Choice of Milk Salad Bar Selections Pickle Chips</p>	<p><b>12</b></p> <p><b>CHICKEN RANCH FLATBREAD</b> Fresh Apple Slices Choice of Milk Salad Bar Selections</p>	<p><b>13</b></p> <p><b>CHEESEBURGER</b> Hamburger Bun ^ Mixed Fruit Cup Sriracha Ketchup Choice of Milk Salad Bar Selections Black Beans</p>
<p><b>16</b></p> <p><b>CHICKEN TENDERS W/SWEET POTATO PUFFS ^</b> Applesauce Cup Choice of Milk Salad Bar Selections</p>	<p><b>17</b></p> <p><b>HOT DOG W/ POTATO ROUNDS</b> Hot Dog Bun ^ Choice of Milk Salad Bar Selections Black Beans Corn</p>	<p><b>18</b></p> <p><b>BBQ CHICKEN</b> Hamburger Bun ^ Diced Peaches Choice of Milk Salad Bar Selections Pickle Chips</p>	<p><b>19</b></p> <p><b>BEEF &amp; CHEESE SOFT TACO ^</b> Fresh Apple Slices Choice of Milk Salad Bar Selections Green Pepper Slices</p>	<p><b>20</b></p> <p><b>MEATLOAF PANINI ^</b> Fresh Banana Choice of Milk Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>
<p><b>23</b></p> <p><b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce Applesauce Cup Choice of Milk Salad Bar Selections</p>	<p><b>24</b></p> <p><b>CHICKEN FRIES W/TRI TATORS ^</b> Mixed Fruit Cup Choice of Milk Salad Bar Selections Pickle Chips</p>	<p><b>25</b></p> <p><b>RANCH TURKEY BURGER</b> Hamburger Bun ^ Fresh Banana Choice of Milk Salad Bar Selections Black Beans</p>	<p><b>26</b></p> <p><b>POPCORN CHICKEN ^</b> Choice of Milk Salad Bar Selections</p>	<p><b>27</b></p> <p><b>ROTINI BAKE WITH MEATSAUCE ^</b> Fresh Pear* Raspberry Cookies ^ Choice of Milk Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins</p>
<p><b>30</b></p> <p><b>BAKED CHICKEN NUGGETS ^</b> Orange Juice Choice of Milk Salad Bar Selections</p>	<p><b>31</b></p> <p><b>CHEESE PIZZA ^</b> Diced Peaches Choice of Milk Salad Bar Selections Green Pepper Slices</p>			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat



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