

# OCTOBER

Lunch



## Muroc JUSD Elementary Lunch

LSB - Lunch K-6

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>RIB-B-QUE</b> Hamburger Bun ^ Diced Peaches Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	<b>2</b> <b>MEATLOAF PANINI ^</b> Diced Pears Salad Bar Selections	<b>3</b> <b>CHEESY TACO MEAT</b> Tortilla Rounds ^ Fresh Apple Slices Salad Bar Selections	<b>4</b> <b>CHICKEN DRUMSTICK</b> Corn Muffin ^ Fresh Banana* Salad Bar Selections Black Beans Corn Pickle Chips
<b>7</b> <b>PANCAKES &amp; SAUSAGE ^</b> Applesauce Cup Syrup Salad Bar Selections	<b>8</b> <b>HOMESTYLE SALISBURY STEAK W/GRAVY</b> Hamburger Bun ^ Mixed Fruit Cup Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	<b>9</b> <b>PEPPERONI PIZZA ^</b> Orange-Tangerine Juice Salad Bar Selections	<b>10</b> <b>MINI CORN DOGS ^</b> Fresh Pear* Salad Bar Selections Black Beans	<b>11</b> <b>ITALIAN CHICKEN PARMESAN ^</b> Hamburger Bun ^ Fresh Banana* Salad Bar Selections Pickle Chips
<b>14</b>	<b>15</b> <b>BAGEL DOG ^</b> Diced Pears Salad Bar Selections Pickle Chips	<b>16</b> <b>CHICKEN TACO</b> Tortilla Rounds ^ Fresh Banana* Salad Bar Selections Black Beans	<b>17</b> <b>PENNE PASTA W/MEAT SAUCE ^</b> Diced Peaches Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	<b>18</b> <b>TERIYAKI CHICKEN PATTY</b> Hamburger Bun ^ Orange-Tangerine Juice Salad Bar Selections
<b>21</b> <b>CHEESE PIZZA ^</b> Orange-Tangerine Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	<b>22</b> <b>BBQ CHICKEN</b> Hamburger Bun ^ Diced Pears Salad Bar Selections Black Beans Corn	<b>23</b> <b>HOT DOG W/ POTATO ROUNDS</b> Hot Dog Bun ^ Fresh Banana* Salad Bar Selections	<b>24</b> <b>CHICKEN NUGGETS ^</b> Fresh Apple Slices Honey Mustard Cup Salad Bar Selections Green Pepper Slices	<b>25</b> <b>CHEESEBURGER</b> Hamburger Bun ^ Diced Peaches Salad Bar Selections Pickle Chips
<b>28</b> <b>POPCORN CHICKEN ^</b> Mixed Fruit Cup Salad Bar Selections Pickle Chips	<b>29</b> <b>RANCH TURKEY BURGER</b> Hamburger Bun ^ Orange-Tangerine Juice Chipotle Ranch Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	<b>30</b> <b>MACARONI &amp; CHEESE</b> Fresh Banana* Salad Bar Selections	<b>31</b> <b>SLOPPY JOE</b> Hamburger Bun ^ Applesauce Cup Salad Bar Selections Black Beans	

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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