









October 2019 Menu for Elementary

Sweet Home School District 55

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Soft Tacos Fiesta Salad Bar	2 Mac n Cheese Or Bbq Meatballs Breadsticks for All!	3 Cheese Filled Breadsticks with Pizza Sauce	4 Hamburger in a Bun All the Fixin's Gingersnaps
7 Grilled Chicken Patty Sandwich	8 Corn Dog Or Warm Cheesy Pita Bread	9 Mini Cheese Pizzas 	10 No School! 	11 No School! 
14 Chicken Tenders & Bacon Ranch Cheesy Potatoes	15 Teriyaki Dippers Or Rotini with Meat Sauce Garlic Toast for All! 	16 PBJ Graham & Cheese Stick Or Blueberry Bagel with Cream Cheese	17 Fish Sticks Or Cheese Quesadilla	18 Crispy Chicken Sandwich Snickerdoodles
21 Popcorn Chicken W/ Biscuit & Strawberry Jam	22 Nachos  Fiesta Salad Bar	23 Sausage & Egg Breakfast in a Bun Or BBQ Pulled Pork On a Bun 	24 Sweet n Sour Chicken With Asian Rice Fortune Cooky	25 Hot Dog In Bun Baked Beanies Blueberry Cupcakes
28 Chicken Chunks & WG Cheezits 	29 Mini Corn Dogs Or Taco Soup & Fritos	30 Tuna Salad Sandwich	31 Turkey in Gravy & Mashed Potatoes Hawaiian Bun	USDA & SWEET HOME SCHOOL DISTRICT #55 ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS



Sweet Potatoes!

Sweet potatoes are rich in beta-carotene and anthocyanins, antioxidants that may help prevent vision loss and improve eye health. Sweet potatoes are starchy root vegetables that are rich in fiber, vitamins, and minerals. They're also high in antioxidants that protect your body from free radical damage and chronic disease.



LUNCH PRICES:
 Elem—FREE/2nd meal—\$2.20
 J.H.....\$2.45 H.S.....\$2.70
 Adult—\$3.70 Reduced.....FREE
 Student Breakfast....No Charge!!!!
 Extra milk— .40

Salad Bar with Fresh Fruits and Vegetables offered everyday!
 Required: Your plate must have at least 1/2 cup of fruit or a combination of 1/4 cup fruit & 1/4 cup vegetable to make it a reimbursable meal.



AVAILABILITY WE MAKE EVERY EFFORT TO HAVE ALL MENUED ITEMS AVAILABLE EACH DAY. However, due to forecasting, cost controls, & efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not receive their desired item, they can ask for an alternate choice. We apologize for the inconvenience.

Fresh and /or canned fruits and fresh vegetables are available each day, along with a variety of low fat or non fat milk. Please note that when following the Traditional Meal Pattern, 5 food items will be offered: meat or meat alternative; liquid milk; grains/bread; and 1 serving each of vegetables and fruit. With Offer vs. Serve, each child must select at least 3 of the 5 items to make a reimbursable meal. One item selected must be at least 1/2 cup fruit/vegetable. Please note that we are required to serve 51% whole grain rich breads and pastas this school year. We continue to eliminate foods containing trans fats and high fructose syrup. Our menu changes comply with USDA regulations such as lower sodium content and serving vegetable subgroups. THIS MENU IS SUBJECT TO CHANGE, DEPENDING UPON AVAILABILITY OF MENU ITEMS.