

# GERALD ELEMENTARY LUNCH

## OCTOBER 2019

| Sun                                                                                                                                               | Mon                                                                                    | Tue                                                                                      | Wed                                                                                          | Thu                                                                                   | Fri                                                                                   | Sat |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----|
| Extra Milk \$.50, Variety milk offered daily. Chef offered daily. M-W-F PB&J offered with sides as choice. T-Th Grilled-Cheese with sides offered |       | 1<br>Chicken Wings<br>Garlic Spaghetti<br>Green Beans<br>Mandarin Oranges                | 2<br>Taco Salad<br>Whole Grain Chips<br>Spicy Pinto Beans<br>Salsa-Sour Cream<br>Fresh Apple | 3<br>Cheesy Beef & Noodles<br>Sweet Green Peas<br>WW Breadstick<br>Pears              | 4<br>Pizza Crunchers<br>Marinara Sauce<br>Garden Salad<br>Mixed Fruit                 |     |
| Menu subject to change due to availability<br><br>This institution is an equal opportunity provider                                               | 7<br>Fish on Bun<br>Baked Fries<br>Coleslaw<br>Fresh Apple                             | 8<br>Chicken Nuggets<br>Mac & Cheese<br>Green Beans<br>Pineapple                         | 9<br>Spaghetti & Meat Balls<br>Golden Corn<br>Garlic Toast<br>Applesauce                     | 10<br>Soft Shell Taco<br>Salsa-Sour Cream<br>Refried Beans<br>Mixed Fruit             | 11<br>Cheese Bosco Stick<br>Marinara Sauce<br>Carrot Sticks/Ranch<br>Peaches          |     |
|                                                                                                                                                   | 14<br>BBQ Rib on Bun<br>Baked Fries<br>Celery Sticks/Ranch<br>Pears                    | 15<br>Chili Cheese Crispito<br>Salsa-Sour Cream<br>Refried Beans<br>Fresh Oranges        | 16<br>Chicken Rings<br>Garlic Spaghetti<br>Peas & Carrots<br>Mixed Fruit                     | 17<br>Twisted Chicken Alfredo<br>Steamed Broccoli<br>Garlic Breadstick<br>Fresh Apple | 18<br>Cheese Pizza<br>Garden Salad<br>Pineapple<br>Graham Crackers                    |     |
|                                                                                                                                                   | 21<br>Chicken & Noodles<br>Peas & Carrots<br>Hot Roll<br>Peaches                       | 22<br>Crazy Walking Taco<br>Salsa-Sour Cream<br>Spicy Pinto Beans<br>Cinnamon Applesauce | 23<br>Chili & Grilled Cheese<br>Carrot Sticks/Ranch<br>Mixed Fruit                           | 24<br>Chicken Patty on Bun<br>Tater Tots<br>Steamed Carrots<br>Pears                  | 25<br>Mozzarella Sticks<br>Marinara Sauce<br>Garden Salad<br>Fresh Apple              |     |
|                                                                                                                                                   | 28<br>Hamburger on Bun<br>Pickles<br>Baked Fries<br>Green Beans<br>Flavored Applesauce | 29<br>Tater Tot Casserole<br>Mixed Vegetables<br>Dinner roll<br>Fresh Orange             | 30<br>Cheese Pizza<br>Garden Salad<br>Peaches<br>Whole Grain Cookie                          | 31<br>NO<br>SCHOOL                                                                    |  |     |