



Don't forget to eat your vegetables.

PELC

Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

October

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Parmesan Chicken Bites
Buttered Noodles
OR
Hot Dog on a WG Bun
OR
Yogurt Pak

California Blend Vegetable

3 **BOOK IT! Pizza Party!**
Pizza Parlor Cheese Pizza
OR
Fish Sandwich on WG Bun
OR
Chef Salad

Spiced Pinto Beans

4
Chicken Nuggets, Roll
OR
Classic Cheeseburger
OR
Yogurt Pak

Corn

5
Ham, Cheese and Egg on a English Muffin
OR
Pulled Pork on WG Bun
OR
Chef Salad
Tater Tots

6
Maxx Pizza Sticks w/ Marinara
OR
Hot Turkey Sandwich
OR
Yogurt Pak
Mashed Potatoes and Gravy

9 **School Lunch Week**
Pancakes, Fruit Topping, Sausage Patty
OR
French Toast Sticks, Sausage Patty
OR
Turkey Sub
Breakfast Potatoes

10
Chicken Tenders and a WG Roll
OR
Salisbury Steak w/ Rolls
OR
Southwest Chicken Salad

Mashed Potato and Gravy

11
BBQ Chicken on Ciabatta
OR
Philly Flatbread
OR
Turkey Sub

Calico Beans

12
Southwest Turkey Crunch
OR
Hamburger on a WG Bun
OR
Southwest Chicken Salad

Roasted Cauliflower

13
Chicken Alfredo over Pasta & Garlic Toast
OR
Breaded Chicken Sandwich on a WG Bun
OR
Turkey Sub

Garden Green Beans

16
Homemade Chili in a Bread Bowl
OR
Golden Corn Dog
OR
Egg Salad on Wheat

Potato Wedges

17
Roast Pork, Gravy, Roll
OR
Chicken Tenders, Roll
OR
Harvest Salad

Mashed Potatoes

18
Maxx Sticks w/ Marinara
OR
Chicken Bacon Ranch Melt
OR
Egg Salad on Wheat
Creamy Coleslaw

19
Beefy Nachos with Cheese Sauce
OR
Tuna Melt
OR
Harvest Salad

Refried Beans

20
Southern Chicken Biscuit Sandwich
OR
Italian Stromboli, Marinara
OR
Chicken Caesar Wrap

Garden Salad

23
French Toast Sticks, Syrup, Strawberry Banana
Trix Yogurt
OR
Philly Flatbread
OR
Deli Ham Sandwich
Breakfast Potato

24
All American Burger
OR
Hot Dog on a WG Bun
OR
Turkey BLT Salad

Cucumber Salad

25
Pasta with Meat Sauce, French Bread
OR
Pasta w/ Chicken Alfredo
French Bread
OR
Deli Ham Sandwich
Garden Green Beans

26
Fish Sandwich on Ciabatta
OR
Chicken Nuggets w/ Roll
OR
Turkey BLT Salad

Golden French Fries

27
Pizza Parlor Cheese Pizza
OR
BBQ Rib Patty
OR
Deli Ham Sandwich

Garlic and Herb Broccoli

30
Sweet and Sour Chicken Bites over Rice
OR
Tex Mex Bowl
OR
Honey Mustard Ham Wrap

Green Peas

31
Breaded Chicken Patty on a WG Bun
OR
Hot Ham and Cheese Flatbread
OR
Crispy Chicken Salad

Nov 1
Soft Shell Tacos with Lettuce, Cheese, Salsa
OR
Roasted Hot Dog
OR
Honey Mustard Ham Wrap

Spiced Pinto Beans



Choose **MyPlate.gov**



PRICES

Regular	\$2.75
Reduced	\$0.40
Adult	\$3.55
MS/HS	\$3.00

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact the Foodservice Director at :
collinsj@pesthigo.k12.wi.us

