

Whiteford Elementary October 2016 Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD
mmenchaca@thenutritiongroup.biz



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread,
- and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

- Broccoli Florets
- Carrots
- Leafy Green Salads
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

*May choose 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

Lunch Prices:
Paid \$2.50
Reduced \$.40
Milk \$.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MONDAY	TUESDAY	WEDNESDAY....	THURSDAY....	FRIDAY...
	Homestyle Sensations	South of the Border Selections	Pasta Concoctions w/ Fresh Bread	Sliders, Sandwiches & More	Wild Card Day
	Enjoy something tasty & familiar	Mexican- inspired Dishes that Delight	Everyone's Italian Today!	Bread stuffed with goodies= Yummo!	New tastes, New Favorites
3	Cheesy Tater Tot Casserole w/ Breadstick Honey Glazed Carrots Pineapple Tidbits Choice of Milk	4 Chicken Nachos Refried Beans Diced Pears Choice of Milk	5 Wellness Wednesday Spaghetti w/ Meatballs & Garlic Breadstick Steamed Broccoli Fresh Apple Choice of Milk	6 Turkey & Noodles w/ Roll Sweet Green Peas Diced Peaches Choice of Milk	7 Bosco Sticks w/ Marinara Fresh Veggies Colorful Mixed Fruit Choice of Milk
10 National School Lunch Week	11 Chicken Sticks w/ Roll Mixed Veggies Mandarin Oranges Choice of Milk	12 Chef Boyardee Ravioli w/ Breadstick Sweet Potato Waffle Fries Cinnamon Applesauce Choice of Milk	13 Hot Dog on Bun Mixed Veggies Fresh Oranges Choice of Milk	14 Pizza Friday Pepperoni Triangle Pizza Fresh Veggies Mandarin Oranges Choice of Milk	
17 Hearty Hamburger Gravy over Mashed Potatoes w/ Roll Fresh Orange Slices Choice of Milk	18 Beef & Cheese Nachos Buttery Corn Colorful Mixed Fruit Choice of Milk	19 Bosco Sticks w/ Marinara Broccoli Trees Fresh Apple Choice of Milk	20 Sloppy Joe Nachos Potato Wedges Pineapple Tidbits Choice of Milk	21 Pizza Friday Homemade Cheese Pizza Fresh Veggies Chilled Applesauce Choice of Milk	
24 BBQ Chicken on Bun Homestyle Green Beans Pineapple Tidbits Choice of Milk	25 Beef Soft Taco Sweet Corn Nibblers Refried Beans Diced Pears Choice of Milk	26 Frankenstein Day Italian Dunkers w/ Marinara Steamed Broccoli Green Grape Franken Treat Choice of Milk	27 Hot Ham & Cheese Sandwich w/ Soup Baked Tater Tots Diced Peaches Choice of Milk	28 Halloween Treat Homemade Cheese Pizza Fresh Veggies Fresh Apple Choice of Milk **NO SCHOOL MONDAY Oct. 31st	
Monday Second Entrée Option: Mini Corn Dogs Chocolate Rice Krispie \$1	Tuesday Second Entrée Option: Hamburger/Cheeseburger Chips \$.75	Wednesday Second Entrée Option: Chicken Nuggets w/ Roll Fruit Snack \$.50	Thursday Second Entrée Option: Chicken Patty on Bun Chips \$.75	Friday Second Entrée Option: Ham & Cheese Wrap Brownie \$1	