



OCTOBER



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EAST ACADEMY L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017 BAKED CHICKEN NUGGETS (WHOLE GRAIN) BBQ Sauce TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Light Mayonnaise French Fries Diced Pears Ketchup Choice of Milk	October 3, 2017 CHEESE PIZZA TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Chipotle Ranch Ketchup Broccoli Orange Sorbet 100% Juice Choice of Milk	October 4, 2017 *NATIONAL TACO DAY!* TACO SCOOPS Soft Tortilla ^ Salsa Cup POPCORN CHICKEN Fresh Baby Carrots Light Ranch Dressing BBQ Sauce Taco Beans Pineapple Tidbits Choice of Milk	October 5, 2017 CRISPY CHICKEN FILLET BBQ Sauce Hamburger Bun MEATLOAF PANINI Ketchup Mixed Vegetables Fresh Fruit Choice of Milk	October 6, 2017 BAGEL DOG Pickle Chips Mustard Ketchup PIZZA DIPPERS Marinara Dipping Sauce SunSet Sip Juice Fresh Fruit Choice of Milk
October 9, 2017 COLUMBUS DAY	October 10, 2017 *BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Syrup DELI SUB SANDWICH Mustard Golden Potato Rounds Blended Fruit Juice Ketchup Choice of Milk	October 11, 2017 *Build Your Own Wrap* BUFFALO CHICKEN Soft Tortilla MINI CORN DOGS ^ Ketchup Maple Baked Beans Pickle Chips Diced Peaches Choice of Milk	October 12, 2017 *NEW ITEM* CHICKEN RANCH FLATBREAD Fresh Baby Carrots Fat Free Ranch Dressing CHEESE PIZZA Green Beans Fresh Fruit Choice of Milk	October 13, 2017 *BUILD A BETTER BURGER* *MAKE YOUR OWN PITA* CHARBROILED CHEESEBURGER Hamburger Bun Siracha Ketchup Ketchup HUMMUS CUP Pita Bread ^ Romaine Lettuce Pickle Chips Jalapenos Fat Free Ranch Dressing Mixed Fruit Cup Multi Grain Sun Chips Choice of Milk
October 16, 2017 CHICKEN TENDERS W/SWEET POTATO PUFFS BBQ Sauce Ketchup TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Pickle Chips Light Mayonnaise Maple Baked Beans Applesauce Cup Choice of Milk	October 17, 2017 HOT DOG W/ POTATO ROUNDS Hot Dog Bun Mustard Ketchup PEPPERONI PIZZA Diced Carrots Blended Fruit Juice Choice of Milk	October 18, 2017 BBQ CHICKEN CHARBROILED HAMBURGER Pickle Chips Ketchup Mustard Hamburger Bun Green Beans Diced Peaches Choice of Milk	October 19, 2017 CHEESE PIZZA CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Breadstick ^ Romaine Lettuce Light Ranch Dressing Fresh Fruit Choice of Milk	October 20, 2017 MEATLOAF PANINI FRENCH TOAST STICKS W/SAUSAGE ^ Syrup French Fries Fresh Fruit Ketchup Choice of Milk
October 23, 2017 MEATLESS MONDAY** PIZZA DIPPERS Marinara Dipping Sauce DELI SUB SANDWICH Pickle Chips Mustard Garden Vegetables Applesauce Cup Choice of Milk	October 24, 2017 CHICKEN FRIES W/TRI TATORS BBQ Sauce Ketchup MACARONI & CHEESE Whole Kernel Corn Mixed Fruit Cup Choice of Milk	October 25, 2017 NO SCHOOL	October 26, 2017 *MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ Romaine Lettuce Cucumber Coins Fat Free Ranch Dressing Grape Juice Choice of Milk	October 27, 2017 ROTINI BAKE WITH MEATSAUCE MINI CORN DOGS ^ Ketchup Crunchy Celery Sticks Light Ranch Dressing SunSet Sip Juice Fresh Fruit Raspberry Cookies Choice of Milk
October 30, 2017 BAKED CHICKEN NUGGETS (WHOLE GRAIN) BBQ Sauce TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Light Mayonnaise French Fries Orange Juice Ketchup Choice of Milk	October 31, 2017 CHEESE PIZZA SLOPPY JOE Hamburger Bun Broccoli Diced Peaches Choice of Milk	November 1, 2017	November 2, 2017	November 3, 2017

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

*** This institution is an equal opportunity provider.

10/9 BREAKFAST For Lunch day
Make your own 10/10

HAPPY HALLOWEEN

PREFERRED MEALS

preferredmeals
an ellor company

10/12 NEW! MENU ITEM!
around the world 10/4