



National Pizza Month!

Every Friday, the Cafeteria will be serving
PIZZA!
Don't miss out!



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

Cheese Enchilada w/
Sauce **7**
Corn Dog
Tater Tots

Teriyaki Dunkers w/
Steamed Rice / Eggroll **1**
Yogurt / Sunflower Seeds /
Goldfish Crackers **8**
Chicken Patty
(Regular or Spicy)
On Bun
Tater Tots

Chicken Nuggets **2**
Sliced Turkey Sandwich
Potato Triangle **9**
Chicken Nuggets
Yogurt and Sunflower Seeds
Scooby Grahams

Nacho Supreme w/
Tortilla Chips / Cheese Dip **3**
Bean and Cheese Burrito **10**
Breadsticks/
Marinara Sauce Cup
Grilled Cheese Sandwich

Big Daddy Pizza **4**
Cheese or Pepperoni **11**
Galaxy Pizza
Wild Mike's Pepperoni Pizza

Chicken Tenders **14**
Queso Bites

Hamburger **15**
Soft Taco Stick

Chicken Nuggets **16**
Sliced Turkey Sandwich
Potato Triangle

Nacho Supreme w/
Tortilla Chips/ Cheese Dip **17**
Beef and Cheese Tamale

Big Daddy Pizza **18**
Cheese or Pepperoni

Cheese Enchilada w/
Sauce **21**
Corn Dog
Tater Tots

Chicken Patty
(Regular or Spicy)
On Bun **22**
Tater Tots

Chicken Nuggets **23**
Yogurt &
Sunflower Seeds
Scooby Grahams

Breadsticks/
Marinara Sauce Cup **24**
Grilled Cheese Sandwich

Galaxy Pizza **25**
Pizza Crunchers

Chicken Tenders **28**
Queso Bites

Hamburger **29**
Soft Taco Stick

Chicken Nuggets **30**
Sliced Turkey Sandwich
Potato Triangle

Beef Rib Patty
Sandwich **31**
PB&J Sandwich w/
String Cheese
Cookie



October 2019

Elementary School Menu

LUNCH



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Monday

Tuesday

Wednesday

Thursday

Friday

Enchilada de queso con salsa
"Corn Dog"
Papitas

Tiras de Pollo
Bolitas de Queso

Enchilada de queso con salsa
"Corn Dog"
Papitas

Tiras de Pollo
Trocitos de Queso

Trocitos de carne con salsa Teriyaki/
Arroz al vapor
Rollito de Primavera
Yogur / Semillas /
Galletas "Goldfish"

Hamburguesa de Pollo
(Regular or Picoso)
en pan
Papitas

Hamburguesa
Taco de Tortilla

Hamburguesa de Pollo
(Regular or Picoso)
en pan
Papitas

Hamburguesa
Taco Blandito

Trocitos de Pollo
Sandwich de Pavo
Papita

Trocitos de Pollo
Yogur y Semillas
Galletas "Scooby Doo"

Trocitos de Pollo
Sandwich de Pavo
Papitas

Trocitos de Pollo
Yogur y Semillas
Galletas "Scooby Doo"

Trocitos de Pollo
Sandwich de Pavo
Papitas

Nacho Supremo con
Duritos/ Dip de Queso
Burrito de frijoles y queso

Palitos de Pan/
Salsa Marinara
Sandwich de queso a la
parilla

Nacho Supreme w/
Duritos/ Dip de Queso
Tamale de Res y queso

Palitos de Pan/
Salsa Marinara
Sandwich de queso a la
parilla

empanada de costilla de res
El Sandwich de Mantequilla de
mani y ialea w/ String Cheese

Pizza "Big Daddy"
Queso o Pepperoni

Pizza "Galaxy"
Pizza Pepperoni "Wild
Mike's"

Pizza "Big Daddy"
Queso o Pepperoni

Pizza "Galaxy"
Crujientes de Pizza

