

# International Dinosaur Month

# OCTOBER

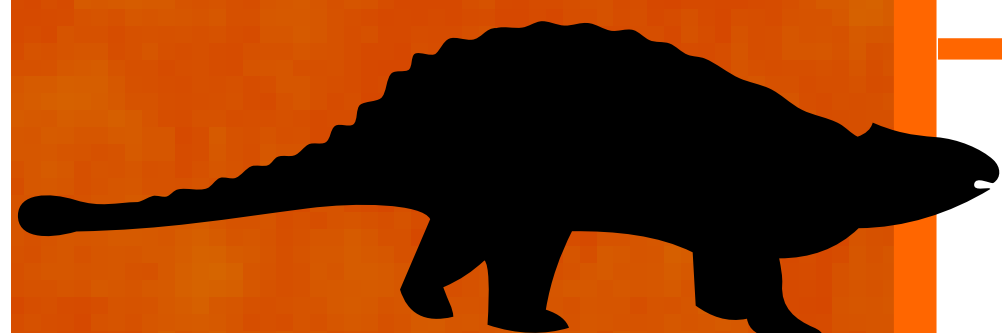
Pterodactyl



Apatosaurus



Triceratops



Ankylosaurus



Stegosaurus



Tyrannosaurus



Velociraptor



Compsognathus

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



Menu  
subject  
to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chef Salad/ WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs) Chicken Tenders ‡Kale & Quinoa Medley Vegetable Cup Choice Assorted Fruit Choice Milk	<b>2</b> Super Awesome *Beef Chili Wrap Smiley Fries Vegetable Cup Choice Assorted Fruit Choice Milk	<b>3</b> ‡Stir Fry Chicken Fajita with Squash and Corn Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	<b>4</b> *Mini Lasagna Bites Spinach Salad with Grape Tomatoes Vegetable Cup Choice Assorted Fruit Choice Milk	<b>5</b> *‡Tuscan Vegetable Stew Turkey Breast on Whole Wheat Bread Vegetable Cup Choice Assorted Fruit Choice Milk
	<b>8</b> Chef Salad/ WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs) <b>Columbus Day</b> <b>Sample Day</b> <b>Pumpkin Dip with Apple Slices</b> *Italian Dunkers Vegetable Cup Choice Assorted Fruit Choice Milk	<b>9</b> *BBQ Chicken Whole Wheat Roll Whole Kernel Corn Vegetable Cup Choice Assorted Fruit Choice Milk	<b>10</b> *Beef Taco on WG Tortilla with Lettuce and Tomato Vegetable Cup Choice Assorted Fruit Choice Milk	<b>11</b> *‡WG Cheese Pizza Fresh Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	<b>12</b> <b>Rice Bowl</b> *Sweet & Sour Chicken Brown Rice with Veggies Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
	<b>15</b> Chef Salad/ WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs) Chicken Patty on WW Roll Smiley Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	<b>16</b> *Fish Nuggets with Sweet Potato Breading Green Beans WG Animal Crackers Vegetable Cup Choice 100% Juice Pop Milk	<b>17</b> *Beef Burrito on WG Tortilla Vegetable Cup Choice Assorted Fruit Choice Milk	<b>18</b> *Penne Primavera with Chicken Vegetable Cup Choice Assorted Fruit Choice Milk	<b>19</b> *WG French Bread Pizza Edamame Taster Vegetable Cup Choice Assorted Fruit Choice Milk
<b>National School Lunch Week</b>					
	<b>22</b> Chef Salad/ WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs) Hamburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Pumpkin Dip with Apple Slices Milk	<b>23</b> Grilled Chicken on WW Roll Corn on the Cob Vegetable Cup Choice Assorted Fruit Choice Milk	<b>24</b> *‡Thick Vegetable Soup *Grilled Cheese on WW Vegetable Cup Choice Assorted Fruit Choice Milk	<b>25</b> *Baked Potato Half with Chili, Cheese Fresh Broccoli Blueberry Muffin Vegetable Cup Choice Assorted Fruit Choice Milk	<b>26</b> *Honey Lemon Chicken Roasted Potatoes WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
	<b>29</b> Chef Salad/ WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/ Yogurt Plate (Available Tues, Wed, Thurs) *American Chop Suey Steamed Peas Vegetable Cup Choice Assorted Fruit Choice Milk	<b>30</b> *French Toast Sticks Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk	<b>31</b> <b>HAPPY HALLOWEEN</b> Chicken Parmesan Spaghetti with Sauce Spinach Salad Vegetable Cup Choice Assorted Fruit Choice Milk	<b>Elementary School Lunch Price: \$2.45</b> <b>Milk \$.50</b> <b>Bottled Water: \$1.00</b> All Meals served with: Choice of 1% or Skim White Milk or Fat Free Chocolate Milk Available Daily: Fresh Veggie Cups/Hummus Fresh Fruit and Rainbow Fruit Tray Bagel Plate includes: Whole Grain Bagel, Cream Cheese Cup, 4 oz. Lowfat Yogurt, String Cheese, Fresh Veggie Cup with Hummus or Daily Veggie Offering, Fresh Fruit Cereal Plate Includes: Whole Grain Cereal, 4 oz. Lowfat Yogurt, String Cheese, Fresh Veggie Cup w/Hummus or Daily Veggie Offering, Fresh Fruit ‡ Indicates Meals cooked from Scratch * Indicates Vegetarian Meal	

## Fairfield Elementary Lunch Menu