

# October 2017

PHS, TMS, TES

## LUNCH



**School Information:** Student meals are **\$2.50 (PHS), \$2.25 (TMS), & \$2.00 (TES)** for paid and **\$0.40** for reduced.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Fall Break 2

Fall Break 3

Fall Break 4

Fall Break 5

Fall Break 6

Chicken Strips/Roll 9  
Grab & Go  
Mashed Potatoes  
Purple Hull Peas  
Peaches, Milk

Walking Tacos 10  
Beef Taco Salad  
Spicy Refried Beans  
Tomatoes/Lettuce Cup  
Peaches/Milk

Lasagna/Grab & Go 11  
Spring Mix Salad  
Green Beans  
Pears, Garlic Bread  
Milk

Cheeseburger 12  
Grab & Go  
Tomatoes/Lettuce Cup  
Tots, Baked Beans  
Apple, Milk

Little Caesar's 13  
Spicy/Reg Chicken Sand  
Corn, Carrots/Ranch  
Fruit/Milk

Chicken Nuggets/Roll 16  
Grab & Go  
Green Beans  
Glazed Carrots  
Pears, Milk

Crispitos 17  
Salad Bar  
Tossed Salad  
Black Beans  
Fruit Cocktail, Milk

Chicken Tetrazzini/Roll 18  
Grab & Go  
Green Beans  
Macaroni & Cheese  
Orange, Milk

Cheeseburger 19  
Grab & Go  
Tomatoes/Lettuce Cup  
Fries, Baked Beans  
Applesauce, Milk

Little Caesar's 20  
Meatball Sub Sandwich  
Sweet Potato Tots,  
Broccoli/Ranch  
Fruit/Milk

Chicken Strips/Roll 23  
Grab & Go  
Mashed Potatoes  
English Peas  
Peaches, Milk

Baked Potato Bar 24  
Chili, Grilled Cheese  
Potato Fixings  
Pineapple/Milk

Tangerine Chicken 25  
Brown Rice  
Grab & Go Lunch  
Oriental Veggies,  
Egg Roll, Milk, Fruit

Cheeseburger 26  
Grab & Go  
Tomatoes/Lettuce Cup  
Tots, Baked Beans  
Apple, Milk

Little Caesar's 27  
Grab & Go  
Pinto Beans, Carrots  
Fruit/Milk

PD Day - No School 30

Spaghetti/Texas 31  
Toast  
Hot Dog  
Green Beans  
Cole Slaw, Peaches

