

CHOICE OF MILK DAILY

FF & 1 % White
FF Chocolate
FF Strawberry



OCTOBER | 2017

Medina City Schools Elementary Lunch

LUNCH PRICE: \$2.75
REDUCED PRICE: \$.40
ADULT LUNCH: \$3.75
MILK: \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Corn Dogs French Fries 100% Fruit Juice Milk	3 <i>Taco Tuesday</i> Soft Tacos with Cheese & Lettuce Tomato Salsa Refried Beans Mandarin Oranges / Milk 2nd choice: Hot Dog on a Bun with Baked Fries	4 Cheesy Dippers with Marinara Sauce Seasoned Broccoli Chilled Diced Pears Milk 2nd Choice: Gilardi Stuffed Crust Pizza	5 Breaded Chicken Strips Mashed Potatoes Chilled Strawberries Garlic Texas Toast Bonus – Chocolate Chip Cookie / Milk 2nd Choice: Hamburger on a Bun with Baked Fries	6 Big Daddy's Pizza Fresh Vegetables Sticks with Dip Fresh Seasonal Fruit Milk
9 Tyson Boneless Chicken Wings Potato Smiles Carrot & Celery Sticks Chilled Peaches Milk	10 Cheese Quesadilla Lettuce & Tomato Seasoned Black Beans Whole Fruit Juice Cup Bonus – Mini Rice Krispies Treat / Milk 2nd choice: Hot Dog on a Bun with Baked Fries	11 <i>Brunch for Lunch</i> Eggo Mini Pancakes Breakfast Sausage Waffle Fries 100% Fruit Juice / Milk 2nd Choice: Gilardi Stuffed Crust Pizza	12 Chicken Nuggets Seasoned Noodles Lemon Broccoli Chilled Apricots Milk 2nd Choice: Hamburger on a Bun with Baked Fries	13 Double Stuffed Crust Pizza Fresh Side Salad Assorted Fruit Choices Milk
16 <i>Birthday Party Day</i> Hot Dog on a Bun French Fries Birthday Cake Applesauce Bonus – Let's Celebrate Cupcake Milk	17 <i>Taco Tuesday</i> Walking Taco with Cheese, Lettuce, & Tomato Salsa Refried Beans Fresh Apple Wedges / Milk 2nd choice: Hot Dog on a Bun with Baked Fries	18 Bosco Sticks with Marinara Sauce Seasoned Broccoli Chilled Peaches Milk 2nd Choice: Gilardi Stuffed Crust Pizza	19 Popcorn Chicken Mashed Potatoes Fresh Banana Dinner Roll Milk 2nd Choice: Hamburger on a Bun with Baked Fries	20 Big Daddy's Pizza Fresh Vegetables Sticks with Dip Seasonal Fruit Choices Milk
23 <i>Monday Drumday</i> Baked Fried Chicken Mashed Potatoes Seasoned Broccoli Cinnamon Applesauce Dinner Roll Milk	24 Nachos with Meat & Cheese Sauce Lettuce & Tomato Salsa Seasoned Black Beans Mandarin Oranges Bonus – Candy Cookie Milk 2nd choice: Hot Dog on a Bun with Baked Fries	25 <i>Brunch for Lunch</i> French Toast Sticks Breakfast Sausage Potato Starz 100% Fruit Juice Milk 2nd Choice: Gilardi Stuffed Crust Pizza	26 <i>Early Release</i> Chicken Nuggets Seasoned Noodles Green Beans Chilled Pears Milk 2nd Choice: Hamburger on a Bun with Baked Fries	27 Mexican Fiestada Fresh Side Salad Seasonal Fruit Choices Milk
30 Corn Dog Baked Beans 100% Whole Fruit Juice Cup Milk	31 <i>Happy Halloween</i> Spook-tacular Chicken Nuggets Frightening Fries Freaky Fruit Choice Bonus – Scary Sugar Cookie / Milk 2nd choice: Hot Dog on a Bun with Baked Fries			

Tricks to Enjoying Halloween Treats

This year, consider mixing up the candy bowl with some of these items that kids might enjoy, even though they may be good for them. All of these items are available in easy to distribute snack-size packages, too.

- Whole-grain cheddar flavored crackers
- Fruit snacks made with 100 percent fruit with added vitamin C
- Fruit leathers made with 100 percent fruit
- Sugar-free gum
- Animal-shaped graham crackers made without trans fat
- Mini rice cereal treat bars
- Cereal bars made with real fruit
- Individual fruit cups
- Mini 100-percent fruit juice boxes
- Low-fat pudding cups
- Baked, unsalted bags of pretzels

www.eatright.org

****MENU SUBJECT TO CHANGE WITHOUT NOTICE****

This institution is an equal opportunity provider.