

October 2016

Central R-III School District

LUNCH



School information : Lunch includes a serving of fruit plus a variety of milk.



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

Chicken Nuggets **3**
Mac & Cheese
Peas & Carrots

Tuesday

Cavatini **4**
Steamed Green Beans
Garlic Bread

Wednesday

5
Colby Cheese Omelet
Biscuit
Tater Puffs
Calypso Crush Juice

Thursday

6
Corn Dogs
Baked Beans
Celery Sticks

Friday

7
Cheesy Bread
Garden Salad

10
Pulled Pork Nachos
Salsa
Refried Beans

11
Spaghetti with Meat Sauce
Breadstick
Spinach Salad

12
General Tso's Chicken
Veggie Fried Rice
Oriental Vegetables

13
Chicken & Noodles
Whipped Potatoes
Steamed Green Beans
Wheat Breadstick

14
Pepperoni Pizza
Or
Cheese Pizza
Carrot Sticks with
Ranch Dressing

17
Cheesy Rotini
With Ground Beef
Dinner Roll
Garden Salad

18
Soft Shell Tacos
Spicy Pinto Beans
Salsa

19
Salisbury Steak
Whipped Potatoes
Steamed Carrots
Wheat Breadstick

20
Cheese Pizza Crunchers
Bosco Sticks!
Corn

21
No School

24
Meatball Subs
Sun chip Snack Mix
California Blend Veggies

25
Toasted Cheese
Chicken Noodle Soup
Carrot & Celery Sticks
Ranch Dipping Sauce

26
Poppin Chicken Bowl
Dinner Roll

27
Ham & Cheese Wrap
Lettuce & Tomato
Baked Beans
Snickerdoodle Cookie

28
Oven Baked
Mozzarella Sticks
Steamed Broccoli

31
Hamburger
Lettuce & Tomato
Potato Wedges

