

ROLLING MEADOW ~ STUDENT LUNCH MENU
OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheeseburger French Fries Fresh Garden Salad Fresh Fruit Tropical Fruit Milk	2 Parmesan Chicken Sandwich Fresh Garden Salad Roasted Vegetables Fresh Fruit Blushing Pears Milk
5 Beef & Noodles w/ Italian Bread Fresh Garden Salad Corn Fresh Fruit Mandarin Oranges Milk	6 Chili w/ Cinnamon Roll Fresh Garden Salad Texas Pinto Beans Fresh Fruit Banana Orange Mix Milk	 Special Olympics Day (Lunch provided)	8 BBQ Chicken on Bun Fresh Garden Salad French Fries Fresh Fruit Applesauce Milk	9 Pepperoni Pizza Fresh Garden Salad Fresh broccoli w/ Dip Fresh Fruit Pineapple Milk Homecoming Parade
12 Lasagna w/ Italian Bread Fresh Garden Salad Cheesy Cauliflower Popcorn Fresh Fruit Peaches Milk	13 Chicken Strips w/ Cornbread Chopped Garden Salad Cowboy Beans Fresh Fruit Rosy Applesauce Milk	14 Baked Ham Mashed Potatoes w/gravy Hot Roll Corn Fresh Fruit Pears Milk	15 NO SCHOOL	16 NO SCHOOL
19 BBQ Mac n Cheese Fresh Garden Salad Steamed broccoli Fresh Fruit Mandarin Oranges Milk	20 Super Nachos w/ Spanish Rice Fresh Garden Salad Southwest Beans Fresh Fruit Pineapple Milk	21 Chicken Patty Mashed Potatoes w/gravy Hot Roll Green Beans Fresh Fruit Cinnamon Apple Slices Milk	22 Sloppy Joes Fresh Garden Salad French Fries Fresh Fruit Tropical Fruit Milk 	23 Public School Not In Session Please send a lunch with your child to school
26 Public School Not In Session Please send a lunch with your child to school	27 Chili w/ Cornbread Fresh Garden Salad Texas Pintos Fresh Fruit Banana Orange Mix Milk	28 Fish Patty Mashed Potatoes w/gravy Hot Roll Glazed Carrots Fresh Fruit Peaches Milk	29 BBQ Pork on Bun Fresh Garden Salad French Fries Fresh Fruit Applesauce Milk	30 Mummified Hot Dog Fresh Garden Salad Fresh broccoli w/ dip Fresh Fruit Pineapple Milk

Due to new state regulations a complete meal must consist of at least 3 of the 5 components: Whole Grains, Meat or protein substitute, Fruit, Vegetable, and Milk