October 2018

Central R-III School District

LUNCH

School Information: Lunch includes a serving of fruit plus a variety of milk. This institution is an equal opportunity provider.

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
1 Chicken Patty on Bun Baked Beans Slaw	2 Taco Salad Refried Beans	3 Ham & Cheese Croissant Sweet Potato Puffs Cherry Tomatoes	4 Spaghetti with Meat Sauce Green Beans Garlic Toast	5 Mini Corn Dogs Mac and Cheese Baby Carrots
8 Shaved Turkey & Cheese On Pretzel Bun Steamed Broccoli	9 Chicken Nuggets Tater Tots Green Beans	10 Mostaccioli with Meat Sauce Garlic Toast Corn	11 Buffalo Chicken Dip Loco Bread Wedges Carrot & Celery Slims	12 Nacho LI Bites Salsa Spicy Pinto Beans
15 BBQ Rib on Bun French Fries Carrot Slims	16 Cheeseburger Meatloaf Au Gratin Potatoes Green Peas Dinner Roll	17 Chicken Chili Crispito Salsa Refried Beans	18 Chicken Alfredo Breadstick Steamed Broccoli	19 NO SCHOOL
22 Chicken & Noodles Whipped Potatoes Breadstick Steamed Green Beans	23 Crazy Walking Taco Spicy Pinto Beans	24 Meatball Sub Golden Corn	25 Chicken Pot Pie Cherry Tomatoes Snickerdoodle Cookie	26 Personal Pan Pizza Garden Salad
29 Hamburger Lettuce & Tomato Baked Beans	30 Tater Tot Casserole Spinach Salad Dinner Roll	31 Cheesy Chicken Burrito Mixed Vegetables		