

Ware Public Schools

SMK ELEMENTARY SCHOOL LUNCH - OCTOBER 2019

Sep 25, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 BBQ RIB SANDWICH COLESLAW FARM FRESH STRINGBEANS PEARS MILK-VARIETY	Oct - 2 CHICKEN TENDERS BAKED POTATO CORN ON THE COB WHOLEWHEAT DINNER ROLL APPLES MILK-VARIETY	Oct - 3 WHOLE GRAIN SPAGHETTI MEATSAUCE MIXED GREEN SALAD SUMMER SQUASH W/BASIL MIXED FRUIT MILK-VARIETY	Oct - 4 VEGETABLE SOUP ASSORTED SANDWICHES CARROT STICKS W/DIP PINEAPPLE CHUNKS MILK-VARIETY
Oct - 7 CHEESE STEAK SANDWICH POTATO WEDGES BAKED BEANS PEACHES MILK-VARIETY	Oct - 8 FRENCH TOAST STICKS TURKEY SAUSAGE LINKS POTATO PUFFS APPLESAUCE MILK-VARIETY	Oct - 9 WHOLE GRAIN MACARONI & CHEESE STEAMED BROCCOLI BANANAS MILK-VARIETY	Oct - 10 TERIYAKI CHICKEN BROWN RICE STIR FRY VEGETABLES WHOLEWHEAT DINNER ROLL PINEAPPLE CHUNKS MILK-VARIETY	Oct - 11 WHOLE GRAIN PIZZA MIXED GREEN SALAD APPLES MILK-VARIETY
Oct - 14 SCHOOL CLOSED TODAY COLUMBUS DAY	Oct - 15 TACOS FIESTA BLACK BEANS CORN APPLESAUCE MILK-VARIETY	Oct - 16 CHICKEN PATTY ON WHOLE WHEAT ROLL LETTUCE & TOMATO POTATO PUFFS PEACHES MILK-VARIETY	Oct - 17 CHEESE BITES W/MARINARA SAUCE MIXED GREEN SALAD ORANGE MILK-VARIETY	Oct - 18 CHICKEN NOODLE SOUP ASSORTED SANDWICHES SWEET POTATO FRIES MIXED FRUIT MILK-VARIETY
Oct - 21 CHICKEN NUGGETS WHIPPED POTATOES CORN PEARS MILK-VARIETY	Oct - 22 HOT DOG ON WHOLE WHEAT ROLL FRENCH FRIES BAKED BEANS PINEAPPLE CHUNKS MILK-VARIETY	Oct - 23 TOMATO SOUP ASSORTED GRINDERS LETTUCE & TOMATO BABY CARROTS W/DIP APPLES MILK-VARIETY	Oct - 24 SHEPHERD'S PIE GREEN BEANS WHOLEWHEAT DINNER ROLL PEACHES MILK-VARIETY	Oct - 25 WHOLE GRAIN PIZZA MIXED GREEN SALAD APPLESAUCE MILK-VARIETY
Oct - 28 GRILLED HAMBURGER LETTUCE & TOMATO POTATO WEDGES BAKED BEANS PEACHES MILK-VARIETY	Oct - 29 WHOLE GRAIN PIZZA MIXED GREEN SALAD PEARS MILK-VARIETY	Oct - 30 CHICKEN PATTY ON WHOLE WHEAT ROLL LETTUCE & TOMATO POTATO PUFFS PINEAPPLE CHUNKS MILK-VARIETY	Oct - 31 WHOLE GRAIN MACARONI & CHEESE STEAMED BROCCOLI APPLES MILK-VARIETY	

MENU SUBJECT TO CHANGE/4 TYPES OF MILK SERVED-FF CHOC, FF STRAW, SKIM, AND 1%
ALT MEAL: SUNBUTTER & JELLY SANDWICH OR CHEF SALAD AVAILABLE DAILY

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday

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Wednesday

Thursday

Friday

BREAKFAST SERVED DAILY: CEREAL-VARIETY, JUICE, TOAST, MILK-SKIM OR 1%
"THE USDA AND THIS INSTITUTION ARE AN EQUAL OPPORTUNITY PROVIDER"

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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