

OCTOBER 2017 JEFFERSON AND SCHALMONT MIDDLE SCHOOLS
MONDAY OCTOBER 2

Entree

Chicken Tenders w/ Homemade Dipping Sauce & Goldfish Crackers

Side Dishes

Fresh Carrots w/LF Ranch

Steamed Corn

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

TUESDAY OCTOBER 3

Entrees

French Toast Sticks w/ Sausage & Syrup or

Meatball Sub w/ Cheese on WG Roll

Side Dishes

Fresh Celery w/LF Ranch

Baked Tater Tots

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

WEDNESDAY, OCTOBER 4

Entree

Homemade Cheese

Pizza

Side Dishes

Fresh Garden Salad w/ LF Italian Dressing &

Sliced Tomatoes

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

THURSDAY, OCTOBER 5

Entree

2 Taco's w/Lettuce, Cheese, Sour Cream & Salsa or

Hot Dog on WG Roll

Side Dishes

Roasted Chic Peas

Fresh Broccoli w/LF Ranch

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

FRIDAY, OCTOBER 6

Entrees

Fish Sticks w/ Homemade Tarter Sauce or

Chicken Patty on WG Roll

Side Dishes

Fresh Veggies

Steamed Broccoli
Assorted Fresh and Canned Fruits
Assorted Milk or Juice

No Lunch K-5

MONDAY, OCTOBER 9

NO SCHOOL COLUMBUS DAY

TUESDAY, OCTOBER 10

Entrees

Mozzarella Sticks w/ Marinara Sauce or
Cheeseburger on WG Roll

Side Dishes

Fresh Carrots w/LF Ranch
Seasoned Green Beans
Assorted Fresh and Canned Fruits
Assorted Milk or Juice

WEDNESDAY, OCTOBER 11

Entree

Personal Pan
Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing &
Sliced Tomatoes
Assorted Fresh and Canned Fruits
Assorted Milk or Juice

THURSDAY, OCTOBER 12

Entrees

Cheese Quesadilla w/ Salsa & Sour Cream or Chicken Patty on WG Roll

Side Dishes

Fresh Broccoli w/LF Ranch
Peas
Assorted Fresh and Canned Fruits
Assorted Milk or Juice

No Lunch K-5

FRIDAY, OCTOBER 13

Entrees

Macaroni & Cheese w/WG Dinner Roll or Hot Dog on WG Roll

Side Dishes

Fresh Veggies w/LF Ranch
Corn
Assorted Fresh and Canned Fruits
Assorted Milk or Juice

MONDAY, OCTOBER 16

Chicken Nuggets w/ Homemade Dipping Sauce & WG Garlic Breadstick

Side Dishes

Fresh Carrots w/LF Ranch

BBQ Baked Beans

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

TUESDAY, OCTOBER 17

Pulled Pork Sandwich on WG Roll or Cheeseburger on WG Roll

Side Dishes

Fresh Celery w/LF Ranch

Steamed Carrots

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

No Lunch K-5

WEDNESDAY, OCTOBER 18

Entree

Big Daddy's Cheese Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing &

Sliced Tomatoes

Assorted Fresh and Canned Fruits

THURSDAY, OCTOBER 19

Entrees

French Toast Sticks w/ Sausage & Syrup or

Hot Dog on WG Rolls

Side Dishes

Fresh Broccoli w/LF Ranch

Baked Tater Tots

Assorted Fresh and Canned Fruits

Assorted Milk or Juice Assorted Milk or Juice

FRIDAY, OCTOBER 20

Entrees

Taco Salad w/Lettuce, Cheese, Salsa & Sour Cream or

BBQ Rib Sandwich on WG Roll

Side Dishes

Fresh Veggies

Black Bean & Corn Salad

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

MONDAY, OCTOBER 23

Entree

Popcorn Chicken w/ Homemade Dipping Sauce & WG Dinner Roll

Side Dishes

Fresh Carrots w/LF Ranch

Baked French Fries

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

TUESDAY, OCTOBER 24

Entrees

Ham & Cheese Bagel or

Chicken Patty on WG Roll

Side Dishes

Fresh Celery w/LF Ranch

Peas

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

WEDNESDAY, OCTOBER 25

Entree

Homemade Cheese Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing &
Sliced Tomatoes

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

No Lunch K-5

THURSDAY, OCTOBER 26

Entrees

Mini Pancakes w/ Sausage & Syrup or

Cheeseburger on WG Roll

Side Dishes

Fresh Broccoli w/LF Ranch

Tater Tots

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

FRIDAY, OCTOBER 27

Entrees

Mozzarella Sticks w/ Marinara Sauce or

Baked Potato w/Sour Cream, Salsa & WG Dinner Roll

Side Dishes

Fresh Veggies w/LF Ranch

Steamed Broccoli

Assorted Fresh and Canned Fruits

MONDAY, OCTOBER 30

Entree

Chicken Tender w/ Homemade Dipping Sauce & Goldfish Crackers

Side Dishes

Fresh Carrots w/LF Ranch

Seasoned Green Beans

Assorted Fresh and Canned Fruits

Assorted Milk or Juice Assorted Milk or Juice

TUESDAY, OCTOBER 31

Entrees

Chicken Bowl w/ Mashed Potatoes, Corn & Gravy or

Hot Dog on WG Roll

Lunch

Fresh Celery w/LF Ranch

Mashed Potatoes w/ Gravy

Assorted Fresh and Canned Fruits

Assorted Milk or Juice

AVAILABLE DAILY

Tuna, Turkey or Ham on WG Bread with or without cheese, Peanut Butter and Jelly Uncrustables, Chef Salad w/Ham, Turkey & Cheese (includes Croutons & WG Roll), Grab n' Go Bags—Yogurt 4 oz, Cheese Stick and combination of 2