

# October Elementary Lunch



**FREE LUNCH**

**Included with Every Meal**

**Fruit and Vegetable**

**1% or Fat-Free Milk**

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

**Arbor A+ Nutrition Mission**  
To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*-Arbor Management-*

**Make Choices for a Healthy Lifestyle!**



For more information or to "Ask the Dietitian", check out our website!

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
|  |   |  | 1  | 2  |
|  |   |  | Grilled Chicken<br>Bacon Melt<br>Or<br>Chicken Salad w/Pita<br>Vegetable of the Day<br>Fruit Serving           | Italian Meatball Sub<br>Or<br>Pizza Munchable<br>with Cheese<br>& Marinara -V<br>Vegetable of the Day<br>Fruit Serving |
| 5  | 6   | 7  | 8  | 9  |
| Mini Corn Dogs<br>Or<br>Grilled Cheese<br>Sandwich -V<br>Vegetable of the Day<br>Fruit Serving   | Chicken Fajita<br>w/Roasted Peppers<br>Or<br>Turkey & Cheese Sub<br>Vegetable of the Day<br>Fruit Serving                             | Half Day<br>No Lunch Service   | Chicken Nuggets<br>Or<br>Turkey Ranch Roll-Up<br>Vegetable of the Day<br>Fruit Serving                         | Half Day<br>No Lunch Service   |
| 12   | 13  | 14   | 15   | 16   |
| Columbus Day<br>No Service   | French Toast Sticks<br>w/Turkey Sausage<br>Or<br>Cheese Sticks - V<br>Tortilla Chips & Salsa<br>Vegetable of the Day<br>Fruit Serving | Homemade<br>Mac & Cheese<br>Or<br>Sun Butter & Jelly<br>Wrap -V<br>Vegetable of the Day<br>Fruit Serving | P/T Conferences<br>No Service  | P/T Conferences<br>No Service  |
| 19   | 20  | 21   | 22   | 23   |
| Hot Dog<br>Or<br>Cheddar Cheese Stick -V<br>Goldfish Pretzels<br>Hard Boiled Egg<br>Vegetable of the Day<br>Fruit Serving              | Chicken Sandwich<br>Or<br>Crispy Chicken Roll-Up<br>Vegetable of the Day<br>Fruit Serving   | Turkey Soft Tacos<br>Or<br>Hot Ham & Cheese<br>Sandwich -V<br>Vegetable of the Day<br>Fruit Serving      | Chicken Nuggets<br>Or<br>Chef Salad w/Whole Grain<br>Tortilla<br>Vegetable of the Day<br>Fruit Serving         | Grilled Cheese<br>Or<br>Turkey & Cheese Sub<br>Vegetable of the Day<br>Fruit Serving                                   |
| 26   | 27  | 28   | 29   | 30   |
| Chicken Tenders<br>Or<br>Yogurt Pack -V<br>Strawberry Yogurt<br>Cheese Stick<br>Cinnamon Roll<br>Vegetable of the Day<br>Fruit Serving | Chicken Sandwich<br>Or<br>Sun Butter & Jelly<br>Wrap -V<br>Vegetable of the Day<br>Fruit Serving                                      | Fiesta Nachos<br>Or<br>Turkey Sandwich<br>Vegetable of the Day<br>Fruit Serving                          | French Toast Sticks<br>w/Turkey Sausage<br>Or<br>Cheese Quesadilla -V<br>Vegetable of the Day<br>Fruit Serving | Cheese Pizza<br>Or<br>Jumbo Corn Dog<br>Vegetable of the Day<br>Fruit Serving  |