



OCTOBER 2018

Price \$2.75 Milk \$0.50

ASA C. Adams Elementary School

Daily Menu Alternative includes Sunbutter and Jelly Sandwich

Monday

Amo la Pasta! 1

Pasta Twists & Marinara
Cheesy Garlic Bread

*Daily Salad Bar**

Tuesday

Teriyaki Tuesday 2

Teriyaki Chicken Bites
Seasoned Rice
Whole Grain Dinner roll

*Daily Salad Bar**

Wednesday

Pizza Day 3

Individual Deep Dish
Cheese Pizza

*Daily Salad Bar**

Thursday

Small Bites 4

Whole Grain chicken
Nuggets
Tater Tots

*Daily Salad Bar**

Friday

Fishy Friday 5

Whole Grain Fish nuggets
Steamed Broccoli

*Daily Salad Bar**

No School 8

No School 9

The Chicken & the Pea 10

Whole Grain chicken
Nuggets
Steamed Peas

*Daily Salad Bar**

Pizza Day 11

Whole Grain
French Bread Pizza

*Daily Salad Bar**

The Continental 12

Scrambled Eggs
Hash browns
Whole grain Biscuit

*Daily Salad Bar**

Monday Mainstays 15

Shepard's Pie
Whole Grain Dinner Rol

*Daily Salad Bar**

Taco Tuesday 16

Beef or Bean taco
Whole grain corn tortilla

*Daily Salad Bar**

Pizza Day 17

Whole Grain
Stuffed Crust Pizza

*Daily Salad Bar**

Chicken in the trees 18

Whole Grain chicken
Nuggets

Steamed Broccoli
*Daily Salad Bar**

Not July 29th 19

Cheese Lasagna
Whole grain Garlic Bread

*Daily Salad Bar**

Monday Thaw 22

Minestrone Soup
Whole grain Breadstick

*Daily Salad Bar**

Smile, and a burger 23

Hamburgers
Whole grain buns
Smiley Fries

*Daily Salad Bar**

Squawks and Stalks 24

Whole Grain chicken
Nuggets
Steamed Corn

*Daily Salad Bar**

Pizza Day 25

Whole Grain
Stuffed Crust Pizza

*Daily Salad Bar**

Weekend Warmup 26

Homemade Bean Chili
Cornbread

*Daily Salad Bar**

Macaroni Monday 29

Cheesy Mac & cheese
Whole grain dinner roll

*Daily Salad Bar**

Breakfast is Back! 30

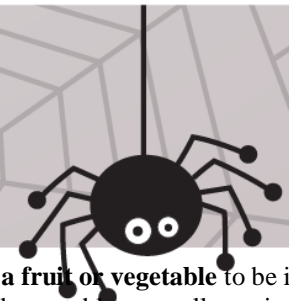
Whole Grain Pancakes
Turkey Sausage

*Daily Salad Bar**

Happy Halloween 31

Whole Grain Bat Shaped
Chicken nuggets

*Daily Salad Bar**



Lunch Menu includes minimum of an Entrée, Whole Grain, Fruit, Veg, and Milk (low fat regular and fat free flavored). Students **must take a fruit or vegetable** to be in compliance with National School Lunch Program. *Salad Bar is included with lunch and offers different items daily, which include fruits and vegetables as well as mixed salads, and items to go with daily menu. **Menus are subject to change**

"This institution is an equal opportunity provider"



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini Pancakes</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Homemade Whole Grain Muffin</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Bun</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Yogurt cup & Granola</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini Waffles</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Pizza</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Pancake Wrapped Sausage on a stick</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Yogurt Cup & Granola</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>

Breakfast options are available every day, the student must take 3 items a day (with one being fruit) to count for a reimbursable meal.. Menus are subject to change. "This institution is an equal opportunity provider"