

MS Lunch Menu

October 2017

Lancaster Community Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 2 Popcorn Chicken Cheesy Potatoes Vegetable Salad Bar Fruit Bread Slice | 3 Super Nachos or Breaded Fish Sandwich Vegetable Salad Bar Fruit Bread Slice | 4 Pizza Vegetable Salad Bar Fruit Slushie or Sherbet Cup Bread Slice Happy October Birthdays!!!! | 5 Corndog Or Chicken Alfredo Baked Potato Vegetable Salad Bar Fruit Bread Slice | 6 Hamburger, Brat or Hot Dog Cole Slaw Baked Beans Macaroni Salad Potato Chips Fresh Fruit Homecoming Tail Gate |
| 9 Meatball Sub FF Vegetable Salad Bar Fruit Bread Slice | 10 Sloppy Joe on a Bun or Chicken Salad Sandwich Seasoned Potato Wedges Vegetable Salad Bar Fruit Bread Slice | 11 Soft Shell Taco Vegetable Salad Bar Fruit Bread Slice | 12 Mozz Sticks/Sauce or Spaghetti with Meat Sauce Garlic Bread Stick Salad Bar Fruit Bread Slice | 13 Popcorn Chicken Sour Cream & Chive Wedges Vegetable Salad Bar Fruit Bread Slice |
| 16 Walking Taco Vegetable Salad Bar Fruit Bread Slice | 17 Chicken & Gravy Over Mashed Potatoes Vegetable Salad Bar Fruit Bread Slice | 18 Hamburger on a Bun with Topping Bar FF Vegetable Salad Bar Fruit Bread Slice | 19 Orange Chicken/Orange Rice or Breaded Chicken Patty Sand Baked Potato Vegetable Salad Bar Fruit Bread Slice | 20 Pizza Vegetable Salad Bar Fruit Bread Slice |
| 23 Chicken Nuggets Baked Potato Vegetable Salad Bar Fruit Bread Slice | 24 Spaghetti /Meat Sauce Or Mozz Sticks with Sauce Garlic Bread Stick Salad Bar Fruit Bread Slice | 25 Pizza Vegetable Salad Bar Fruit Bread Slice | 26 Ham & Cheese Sandwich or Tangy BBQ Rib Sandwich Vegetable Salad Bar Fruit Bread Slice | 27 Early Release/ No Lunch |
| 30 Popcorn Chicken Mashed Potatoes Vegetable Salad Bar Fruit Bread Slice | 31 Ham & Cheese Sandwich or Hamburger on a Bun FF Vegetable Salad Bar Fruit Bread Slice | | | 1 carton of milk is included with each meal. |

Each meal must have a combined $\frac{1}{2}$ cup total of vegetables and/or fruit on the tray in order to qualify for a reimbursable lunch.

One full serving from each of 2 other food groups must also be on the tray.

100% WW Bread and Whole Grain Rich Hamburger/ Hot Dog Buns are baked to our specifications by **Blue Boy Bakery**.

“This institution is an equal opportunity provider.”