



OCTOBER LUNCH MENU BUENA VISTA CITY PUBLIC SCHOOLS



PB&J SANDWICHES W/ STRING CHEESE & CRACKERS AND SALAD OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
CHEESEBURGER ON BUN POTATO WEDGES BAKED BEANS FRESH FRUIT CHOICE OF LOW FAT MILK	PIZZA TOSSED SALAD CARROTS FRESH FRUIT CHOICE OF LOW FAT MILK	BAKED POTATO KIDNEY BEANS BROCCOLI FRESH FRUIT CHOICE OF LOW FAT MILK	PULLED PORK BBQ ON BUN W/ COLESLAW GREEN BEANS SWEET POTATOES FRESH FRUIT CHOICE OF LOW FAT MILK	WALKING TACO CORN REFRIED BEANS FRESH FRUIT CHOICE OF LOW FAT MILK
10	11	12	13	14
POPCORN CHICKEN W/ ROLL BROCCOLI & CHEESE BAKED BEANS FRESH FRUIT CHOICE OF LOW FAT MILK	PIZZA TOSSED SALAD CARROTS FRESH FRUIT CHOICE OF LOW FAT MILK	MEAT LOAF W/ ROLL MASHED POTATOES GREEN BEANS FRESH FRUIT CHOICE OF LOW FAT MILK	RAVIOLI CORN TOSSED SALAD FRESH FRUIT CHOICE OF LOW FAT MILK	MACARONI & CHEESE PEAS SWEET POTATOES FRESH FRUIT CHOICE OF LOW FAT MILK
17	18	19	20	21
CHICKEN NUGGETS W/ ROLL BROCCOLI SWEET POTATOES FRESH FRUIT CHOICE OF LOW FAT MILK	PIZZA TOSSED SALAD CARROTS FRESH FRUIT CHOICE OF LOW FAT MILK	SPAGHETTI W/ GARLIC BREAD TOSSED SALAD CORN FRESH FRUIT CHOICE OF LOW FAT MILK	CORN DOG PEAS BAKED BEANS FRESH FRUIT CHOICE OF LOW FAT MILK	NO SCHOOL
24	25	26	27	28
HOT HAM & CHEESE FRIES GREEN BEANS FRESH FRUIT CHOICE OF LOW FAT MILK	PIZZA TOSSED SALAD CARROTS FRESH FRUIT CHOICE OF LOW FAT MILK	CHILI W/ CHEESE & CRACKERS BAKED POTATO PEAS FRESH FRUIT CHOICE OF LOW FAT MILK	POPCORN CHICKEN W/ MACARONI SALAD FRESH BROCCOLI SWEET POTATOES FRESH FRUIT CHOICE OF LOW FAT MILK	NO SCHOOL
31	1	2	3	4
RANCH CHICKEN WRAP BLACK BEAN SALAD CORN FRESH FRUIT CHOICE OF LOW FAT MILK	PIZZA TOSSED SALAD CARROTS FRESH FRUIT CHOICE OF LOW FAT MILK	CHICKEN ALFREDO W/ GARLIC TOAST BROCCOLI PEAS FRESH FRUIT CHOICE OF LOW FAT MILK	HOT DOG COLESLAW SWEET POTATOES FRESH FRUIT CHOICE OF LOW FAT MILK	HAMBURGER STEAK & GRAVY W/ ROLL MASHED POTATOES GREEN BEANS FRESH FRUIT CHOICE OF LOW FAT MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352