

OCTOBER | 2019

SOUTHWEST ELEMENTARY LUNCH MENU

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENU SUBJECT TO CHANGE



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

<p>35 <u>B: Banana Split w/ Waffle Cracker</u> Corn Dog, Yogurt w/ Cheese Stick & Cracker, Spicy Chicken Sandwich Winter Blend, Green Beans, Celery & Carrots Fresh Fruit (Banana), Pears</p>	<p>1 <u>B: Eggs w/ Bacon & Cheese w/ Cracker</u> Spaghetti w/ Bread Stick, Chef Salad w/ Popcorn Chicken, Hamburger Treat Tuesday California Blend, Cooked Spinach, Cucumbers & Tomatoes Mixed Fruit, Mandarin Oranges</p>	<p>2 <u>B: Breakfast on a Stick</u> Pepperoni Strips, Hot Dog, PB&J w/ Yogurt & Cracker, Brussels sprouts, Peas, Garden Salad Fresh Fruit (Grapes), Raisins</p>	<p>3 <u>B: French toast</u> Chicken Quesadilla, Meatloaf, Pizza Mashed Potatoes, Refried Beans, Salsa Fresh Fruit (Orange), Pineapple</p>	<p>4 <u>B: Muffins /w Cheese Stick</u> Bosco Sticks, Meat Ball Sub, Popcorn Chicken w/ Pretzel Stick Broccoli, Sweet Potato Fries Baby Carrots Peaches, Cinn./Straw. Applesauce Cup</p>
<p>7 <u>B: Yogurt Parfait w/ Granola</u> Macaroni & Cheese w/ Roll, Southwest Burger, Pizza Cooked Carrots, Green Beans, Garden Salad Fresh Fruit (Cuties), Applesauce</p>	<p>8 <u>B: Ham & Cheese Frittata w/ cracker</u> Chicken Patty Sandwich, Chef Salad w/ Diced Chicken, Rotini w/ Bread Stick Treat Tuesday Sweet Potato Fries, Mixed Vegetables, Cucumbers & Tomatoes Raisins, Pineapple</p>	<p>9 <u>B: Breakfast Pizza</u> Yogurt w/ Cheese Stick & Cracker, Ham & Cheese Strips, BBQ Pork Rib Sandwich Cauliflower, Baked Beans, Garden Salad Fresh Fruit (Kiwi & Strawberries), Craisins</p>	<p>10 <u>B: Pancakes</u> Chili & Crackers, Pepperoni Calzone, Hot Dog / Chili Dog Corn, Sugar Snap Peas, Celery & Carrots Fresh Fruit (Apple), Peaches</p>	<p>11 <u>B: Muffins /w Cheese Stick</u> Turkey & Bacon Wrap, Beanie Winnies w/ Crackers, PB&J w/ Yogurt & Crackers Peas & Carrots, Broccoli, Baby Carrots Mixed Fruit, Pears</p>



<p>21 <u>B: Banana Split w/ Waffle Cracker</u> Chicken Tenders w/ Roll, Pizza, Bosco Sticks Green beans, Cauliflower, Garden Salad Fresh Fruit (Banana), Raisins</p>	<p>22 <u>B: Eggs w/ Bacon & Cheese w/ cracker</u> Ravioli w/ Breadstick, Yogurt w/ Cheese Stick & Cracker, Chef Salad w/ Diced Ham Treat Tuesday Winter Blend Cooked Spinach, Cucumbers & Tomatoes Mandarin Oranges, Peaches</p>	<p>23 <u>B: Breakfast on a Stick</u> Chicken Teriyaki w/ Rice, PB&J w/ Yogurt & Cracker, Pepperoni Strips Broccoli Cooked Carrots Garden Salad Fresh Fruit (Grapes), Applesauce Cups</p>	<p>24 <u>B: French toast</u> Chicken & Noodles w/ Roll, Hotdogs, Spicy Chicken Sandwich Mixed Vegetables Mashed Potatoes Celery & Carrots Fresh Fruit (Orange), Mixed Fruit</p>	<p>25 <u>B: Muffins /w Cheese Stick</u> Beef & Cheese Nachos, Comdog, Hamburger Sweet Potato Fries, Baked Beans Salsa Cinn. / Straw. Applesauce Cups, Pears</p>
<p>28 <u>B: Yogurt Parfait w/ Granola</u> Toasted Cheese, Beanie Winnies w/ Crackers Southwest Birger Green Beans Sweet Potato Fries, Garden Salad Fresh Fruit (Cuties), Pineapple</p>	<p>29 <u>B: Ham & Cheese Frittata w/ cracker</u> Pepperoni Calzone, Taco Salad w/ Scoops, Turkey & Bacon Wrap Treat Tuesday Winter Blend, Peas & Carrots, Cucumbers & Tomatoes Craisins, Applesauce</p>	<p>30 <u>B: Breakfast Pizza</u> Chicken Patty Sandwich, Ham & Cheese Strips, PB&J w/ Yogurt & Cracker Broccoli, California Blend Garden Salad Fresh Fruit (Strawberries & Kiwi), Mixed Fruit</p>	<p>31 <u>B: Pancakes</u> Sloppy Joes w/ Scoops, Yogurt w/ Cheese Stick & Cracker, Fish Nuggets w/ Pretzel Stick Cauliflower Corn, Celery & Carrots Fresh Fruit (Apple), Pineapple</p> 	<p>1 <u>B: Muffins /w Cheese Stick</u> Orange Chicken over Rice, Hot Dog, Pizza Mixed Vegetables, Peas, Baby Carrots Mandarin Oranges, Peaches</p>

News

Breakfast is served
8:25-8:45
Lunch is served
10:55-12:30
Student Breakfast - \$1.35
Student Lunch - \$2.25
Milk - \$.50

**Starting in September
Parents are welcome to have
lunch with their student.
Adult lunch is \$3.50
Cash only please.**

Look what's new!

There is also a vegetarian option of
Original Hummus
Or
Red Pepper Hummus
And Pretzels
Offered daily.



HAPPY HALLOWEEN