SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! - Lunch

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
Home-Style Turkey Meatballs 3 ea w/ Gravy over Rice ¼ c; Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Spiral Mac & Cheese ½ c Cooked Sweet Baby Peas ¼ c Veggie: Spiral Mac & Cheese Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Cooked Carrot Coins ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Northwestern Pollock Fish Bites 3 ea Fresh Green Beans ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit
8	**9**	**10**	**11**	**12**
Italian Spaghetti w/ Bolognese (non-beef) Sauce ½ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Italian Spaghetti w/ Marinara; Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit	Slow Roasted Turkey & Cheese Sub 1 ea Fresh Tossed Salad ¼ c w/ Ranch Dressing Veggie: Double Cheese Sub Fresh or Chilled Fruit	Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Cooked Sweet Baby Peas ¼ c Veggie: Cheese Tortellini Pasta Blend Fresh or Chilled Fruit	Baked Chicken Fingers 3 ea California Mixed Vegetables ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit
15	**16**	**17**	**18**	**19**
Home-Style Turkey Meatballs 3 ea over Rice ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Creamy Chicken Penne Alfredo ½ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Penne Alfredo Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Spiral Mac & Cheese ½ c California Mixed Vegetables ¼ c Veggie: Spiral Mac & Cheese Fresh or Chilled Fruit	Chicken Fried Rice ½ c Fresh Tossed Salad ¼ c w/ Ranch Dressing Veggie: Vegetable Fried Rice Fresh or Chilled Fruit
22	**23**	**24**	**25**	**26**
Cheesy Baked Ziti ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Beef Taco Rice Bowl (Beef Taco 2 oz over Rice ¼ c w/ Cheddar Cheese); Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Bean Rice Bowl Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Breaded Chicken Patty on Bun 1 ea Fresh Green Beans ¼ c Veggie: Veggie Chik Patty Fresh or Chilled Fruit	Four Cheese Ravioli w/ Marinara Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Cheese Ravioli Fresh or Chilled Fruit
29	**30**	**31**		
Whole Grain Baked Chicken Nuggets 4 ea California Mixed Vegetables ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit	Spiral Mac & Cheese ½ c Sweet Yellow Corn ¼ c Veggie: Spiral Mac & Cheese Fresh or Chilled Fruit	Northwestern Pollock Fish Bites 3 ea Cooked Carrot Coins ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce