SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
All lunches served with age appropriate milk, either 1% or whole milk.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Honeydew, Apple, Banana, Orange Wedges		Whole Grain Baked Chicken Tenders 3 ea ½ oz Enriched Bread Slice Sweet Hot Baby Peas ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit
4	5	6	7	8
Whole Grain Baked Chicken Nuggets 4 ea; ½ oz Enriched Bread Slice; Two-Way Hot (Corn & Carrots) Mixed Vegetables ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Rainbow Tortellini Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Veggie Balls over Rice; Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Fresh Green Beans ¼ c Veggie: Italian Cavatappi w/ Marinara; Fresh Fruit	"Build Your Own Pizza" Mozzarella Cheese 2 oz ea; Pita Rounds 3 ea w/ 2 oz Pizza Sauce Two-Way Hot (Peas & Carrots) Mixed Vegetables ¼ c; Veggie: BYO Cheese Pizza; Fresh Fruit
11	12	13	14	15
Teacher Workday School Closed to Students	Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Tossed Salad ¼ c w/ Ranch Dressing; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Freshly Sliced Cucumbers 3 ea w/ Creamy Ranch Dip Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea ½ oz Enriched Bread Slice Fresh Green Beans ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit
18	19	20	21	22
Mini Four Cheese Ravioli w/ Marinara Sauce ½ c California Blend Hot Mixed Vegetables ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	Breaded Whole Grain Chicken Patty on Bun 1 ea; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	Whole Grain Baked Chicken Tenders 3 ea ½ oz Enriched Bread Slice Sweet Hot Baby Peas ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Sweet Yellow Corn ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Beef Salisbury Steak 1 ea & Gravy over Creamy Mashed Potatoes ¼ c; Freshly Sliced Cucumbers 3 ea w/ Creamy Ranch Dip; Veggie: Veggie Chik Patty; Fresh or Chilled Fruit
25	26	27	28	29
Kid Fav Mac N' Cheese ½ c Fresh Green Beans ¼ c Veggie: Kid Fav Mac N' Cheese Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Freshly Sliced Cucumbers 3 ea w/ Creamy Ranch Dip Veggie: Veggie Hawaiian Balls over Rice; Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Italian Cavatappi w/ Marinara; Fresh Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Slow Roasted Turkey & American Cheese Sub ½ ea Cooked Carrot Coins ¼ c Veggie: Double Cheese Sub Fresh or Chilled Fruit