

OCTOBER 2018 ELEMENTARY LUNCH MENU

FREE
Breakfast & Lunch
 for all students of Marysville Joint Unified School District!

Harvest of the Month™

Apple



Our menus are printed on 30% recycled paper



Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatless Monday Option: NEW Cheese Tamale w/Salsa Verde Refried Beans Carnitas Soft Taco Carrots Corn Peach Cup	2 Chicken Sandwich Ketchup Meatball Sandwich Lettuce/Tomato/Pickle V Blend Juice Banana	3 Beef & Cheese Or Cheese Nachos Salsa Refried beans Orange Sections	4 NEW Ultimate Cheeseburger Condiments Turkey Hot Dog Celery Sticks Seasoned Spiral Fries Fresh Stone Fruit	5 Pepperoni, Cheese or Pep/Jalapeno Pizza Salad Cucumber Grapes
8 	9 NEW Enchilada Pie Bean & Cheese Burrito Taco Sauce Green Beans Jicama Sticks Banana	10 Breaded Drumstick Garlic Breadstick Corn Baked Beans Watermelon	11 Cherry Blossom Chicken Pork & Veggie Egg Roll Vegetable Fried Rice Steamed Carrots V Blend Juice Fresh Stone Fruit	12 Pepperoni, Cheese or Hawaiian Pizza Tossed Romaine Salad Carrots Grapes
15 Meatless Monday Option: Mac & Cheese Verde Mexi-Pocket Salsa Coleslaw Salad Mixed Berry Pop	16 Chicken Nuggets Ketchup Grilled Ham & Cheese Sandwich Seasoned Potato Wedges Corn Banana	17 Hamburger Cheeseburger Lettuce/Tomato/Pickle Condiments Baked Beans Apple Slices	18 Pasta Bake Dinner Roll Grilled Cheese Sandwich Broccoli Cucumber Fresh Stone Fruit	19 Pepperoni or Cheese Pizza Tossed Romaine Salad Carrots Grapes
22 Meatless Monday Option: NEW Cheese Tamale w/Salsa Verde Refried Beans Carnitas Soft Taco Carrots Corn Strawberry Pop	23 Chicken Sandwich Ketchup Meatball Sandwich Lettuce/Tomato/Pickle V Blend Juice Banana	24 Chicken & Cheese Or Cheese Nachos Salsa Refried beans Orange Sections	25 NEW Ultimate Cheeseburger Condiments Turkey Hot Dog Celery Sticks Seasoned Spiral Fries Fresh Stone Fruit	26 Pepperoni, Cheese or Pep/Jalapeno Pizza Salad Cucumber Grapes
29 Meatless Monday Option: NEW Cheese Filled Breadsticks With Marinara Beef Rib Hoagie Tater Tots Ketchup Fruit Cup	30 NEW Enchilada Pie Bean & Cheese Burrito Taco Sauce Green Beans Jicama Sticks Banana	31 Breaded Chicken Garlic Breadstick Corn Baked Beans Apple Slices	 <p>Wow look at the My Plate. It helps us see the foods that make a healthy meal. You can see that a healthy plate has foods from all the food groups on it. Half of your plate should have fruits and vegetables.</p>	

A choice of 1% milk and nonfat chocolate milk offered with all lunches.

Please enjoy the Salad bar *** Menu subject to change***

October is "National School Lunch Week" month!

This institution is an equal opportunity provider.

ELEMENTARY BREAKFAST MENU

OCTOBER 2018

FREE

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage & Gravy Pizza Juice Fresh Seasonal Fruit	2 Sausage & Cheese Sandwich ^{NEW} Juice Fresh Seasonal Fruit	3 Sausage & Cheese on Bagel Juice Fresh Seasonal Fruit	4 French Toast Sticks Juice Fresh Seasonal Fruit	5 Strawberry Pancake Bowl ^{NEW} Juice Fresh Seasonal Fruit
8  No School Teacher Work Day	9 Egg & Cheese Omelet Biscuit Juice Fresh Seasonal Fruit	10 Pancakes with Syrup & Sausage Link Juice Fresh Seasonal Fruit	11 Berry Smoothie Muffin Juice Fresh Seasonal Fruit	12 Cinnamon Square Juice Fresh Seasonal Fruit
15 Yogurt Soft Breakfast Bar Juice Fresh Seasonal Fruit	16 Egg & Cheese Biscuit Sandwich Juice Fresh Seasonal Fruit	17 Turkey Sausage Pizza Juice Fresh Seasonal Fruit	18 French Toast Juice Fresh Seasonal Fruit	19 Sausage & Pancake on a Stick Juice Fresh Seasonal Fruit
22 Sausage & Gravy Pizza Juice Fresh Seasonal Fruit	23 Sausage & Cheese Sandwich ^{NEW} Juice Fresh Seasonal Fruit	24 Pancake-Maple Sausage Sandwich Juice Fresh Seasonal Fruit	25 French Toast Sticks Juice Fresh Seasonal Fruit	26 Strawberry Pancake Bowl ^{NEW} Juice Fresh Seasonal Fruit
29 Sausage & Cheese Bagel Juice Fresh Seasonal Fruit	30 Egg & Cheese Omelet Biscuit Juice Fresh Seasonal Fruit	31 Pancakes with Syrup & Sausage Link Juice Fresh Seasonal Fruit	 <p>Take a look at the MyPlate. It helps us see the foods that make a healthy meal. You can see that a healthy plate has foods from all the food groups on it. Half of your plate should have fruits and vegetables.</p>	

Daily Entrée Choices: WG Cereal Combo
M: WG Banana Bread T: Muffin Bread W: Coffee Cake Th: Bagel & Cream Cheese F: PB&J Wafer
A choice of 1% white and nonfat chocolate milk offered with all breakfasts.
MENU SUBJECT TO CHANGE

“National School Lunch Week” is October 9 to October 13!