

Elementary Menu 2017

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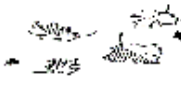












October



* Contains Pork

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>2</p> <p>Mozzarella Sticks or Mandarin Orange Chicken Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Fortune Cookie</p> 	<p>3</p> <p>Cheeseburger or Chicken Enchilada Fresh Garden Bar Savory Corn Bag of Frito Chips Seasonal Fresh Fruit</p> 	<p>4</p> <p>2 Hard Shell Tacos or 1 Soft Shell Taco or 2 Pizza Dippers Fresh Garden Bar Cheesy Refried Beans Crisp Apple</p> <p>National Taco Day</p>	<p>5</p> <p>Chicken Nuggets or Salisbury Steak Mashed Potatoes Fresh Garden Bar Warm Cinnamon Roll California Blend Vegetables Assorted Juice Cup</p> 	<p>6</p> <p>Macaroni & Cheese or Popcorn Chicken Sweet Potato Fries Fresh Garden Bar Dinner Roll Chilled Pears Cotton Candy Ice Cream Bar</p>	<p>Cal 585 T.Fat 18.17 G S.Fat 5.0 G Chol 46.8 Mg Sodm 959.97 Mg Carb 81.45 G Fiber 9.3 G Prtn 29.19 G Iron 4.35 Mg Calc 510.84 Mg Vit A 29.84 RE Vit C 19.17 Mg</p>
<p>9</p> <p>Chicken Tenders or Sloppy Joe Fresh Garden Bar Baked French Fries Seasoned Green Beans Blue Raspberry Cherry Swirl Shape Up</p> 	<p>10</p> <p>Walking Taco w/Toppings or Mini Corn Dogs Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Ice Cream Sandwich</p> 	<p>11</p> <p>Sausage* Pizza or Mini Maple Pancakes Scrambled Eggs Fresh Garden Bar Steamed Peas Assorted Juice Cup Bag of Kettle Style Popcorn</p> <p>National Sausage Pizza</p>	<p>12</p> <p>Chicken Nuggets or Roasted Pork* w/Gravy Mashed Potatoes Garden Bar, Cinnamon Roll, Savory Corn & Crisp Apple</p> <p>Great Lakes Great Apple Crunch Day</p> 	<p>13</p> <p>BBQ Roasted Chicken Drumstick w/Mini Pretzel Bites or Trix Yogurt Cup w/Chocolate Chocolate Chip Muffin & String Cheese Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits</p>	<p>Cal 579 T.Fat 16.55 G S.Fat 4.4 G Chol 61.5 Mg Sodm 898.80 Mg Carb 84.04 G Fiber 7.2 G Prtn 24.72 G Iron 3.65 Mg Calc 492.52 Mg Vit A 36.06 RE Vit C 30.75 Mg</p>
<p>16</p> <p>Cheeseburger or Crispy Chicken O's Baked Potato Wedges Fresh Garden Bar Seasoned Green Beans Sliced Peaches</p> 	<p>17</p> <p>Italian Spaghetti w/Meat Sauce & Garlic Bread or Hot Dog Fresh Garden Bar Seasoned Broccoli Strawberry Banana Johnny Pop Smoothy Bar</p> 	<p>18</p> <p>Cinnamon French Toast w/2 Breakfast Sausages* or Chicken Patty Sandwich Fresh Garden Bar Mandarin Oranges Chocolate Cupcake</p> <p>National Chocolate Cupcake Day</p>	<p>19</p> <p>20</p> <p>NO SCHOOL! TEACHER IN-SERVICE</p> 		<p>Cal 611 T.Fat 19.04 G S.Fat 4.9 G Chol 72.8 Mg Sodm 961.77 Mg Carb 84.78 G Fiber 9.1 G Prtn 29.51 G Iron 5.02 Mg Calc 480.96 Mg Vit A 38.44 RE Vit C 31.41 Mg</p>
<p>23</p> <p>Mozzarella Sticks or BBQ Pork Rib* Sandwich Fresh Garden Bar Vegetarian Baked Beans Seasonal Fresh Fruit Orange Swirl Ice Cream Cup</p> 	<p>24</p> <p>Popcorn Chicken or Meatballs w/Gravy Mashed Potatoes Fresh Garden Bar Soft Baked Pretzel Rod Savory Corn Chilled Pears Rice Krispie Treat</p> <p>OCTOBER BIRTHDAY'S CELEBRATION!</p>	<p>25</p> <p>Sub Sandwich or Cheesy Cheese Pizza Fresh Garden Bar California Blend Vegetables Sliced Peaches Minion Graham Snacks</p> 	<p>26</p> <p>2 Hard Shell Tacos 1 Soft Shell Taco or Chicken Patty Sandwich Mini Pretzel Bite Fresh Garden Bar Seasoned Green Beans Chilled Applesauce Assorted Sorbet</p> 	<p>27</p> <p>Large Corn Dog or Grilled Cheese Sandwich Potato Smiles Fresh Garden Bar Seasonal Fresh Fruit Assorted Juice Cup</p> <p>Smile! National Potato Day</p>	<p>Cal 641 T.Fat 17.54 G S.Fat 5.8 G Chol 38.0 Mg Sodm 1039.09 Mg Carb 92.92 G Fiber 10.8 G Prtn 28.06 G Iron 4.11 Mg Calc 538.92 Mg Vit A 38.86 RE Vit C 31.90 Mg</p>
<p>30</p> <p>Chicken Tenders or Dutch Waffle w/2 Breakfast Sausages* Fresh Garden Bar Crispy Mini Tri-Taters Pineapple Tidbits</p> 	<p>31</p> <p>Bosco Sticks or Mini Corn Dogs Seasoned Curly Fries Garden Bar, Vegetarian Baked Beans & Crisp Apple w/Caramel Dip</p> <p>National Caramel Apple Day</p>			<p>DAILY LUNCH PRICES \$2.55 Elementary \$3.50 Adult Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>	<p>Cal 644 T.Fat 19.12 G S.Fat 4.3 G Chol 48.0 Mg Sodm 997.62 Mg Carb 92.73 G Fiber 8.9 G Prtn 23.82 G Iron 3.22 Mg Calc 436.28 Mg Vit A 37.08 RE Vit C 30.24 Mg</p>

Account Balance: Please access your account on-line at www.Germantownschools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.