



Bresnahan Elementary Lunch Menu October 2017

Student Lunch \$2.75
Reduced Lunch \$0.40 Milk
purchased separately \$0.60

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 2	3	4	5	6
1) Whole Grain Pancakes w/pancake syrup Turkey Sausage Link Scrambled Eggs Chilled Cinnamon Applesauce	1) Mashed Potato & Chicken Bowl Whole Grain Dinner Roll Seasoned Corn	1) Pepperoni Pizza Pasta Bake Savory Green Beans Whole Grain Dinner Roll	1) Cheese Stuffed Breadsticks Marinara Sauce Orange Glazed Carrots *G.F. Pizza	Early Release
Week 2 Alternatives: 2) Hot Option - *Toasty Cheese Sandwich 3) Nacho Fun Lunch - Tortilla Chips, Mild Salsa, Shredded Cheddar				
Week 3 9	10	11	12	13
Columbus Day Observed	1) Classic Italian Meat Sauce Whole Grain Rotini Seasoned Broccoli Florets Whole Grain Herb Breadstick	1) Roasted Turkey w/Gravy Mashed Potatoes Seasoned Peas Whole Grain Dinner Roll Apple Crisp	1) Classic Cheese OR Pepperoni Pizza Fresh Cinnamon Glazed Carrots *G.F. Pizza	1) Soft Beef Whole Grain Tacos Lettuce, Tomato & Cheddar Boat Seasoned Corn, Mild Salsa
Week 3 Alternatives: 2) Hot Option - *Cheesburger on a Bun *3) Sandwich Fun Lunch - *Sunbutter & Jelly Sandwich, String Cheese, Carrot & Celery Sticks				
Week 4 16	17	18	19	20
1) Whole Grain Pancakes w/pancake syrup Turkey Sausage Link Scrambled Eggs Chilled Cinnamon Applesauce	1) Sweet n' Sour Chicken Asian Brown Rice Seasoned Broccoli Florets Crunchy Asian Topping	1) Chicken Parmesan Whole Grain Spaghetti Seasoned Mixed Vegetables	1) Cheese Stuffed Breadsticks Marinara Sauce Roasted Carrot Fries *G.F. Pizza	1) Turkey Macho Nachos Mexicali Corn Mild Salsa
Week 4 Alternatives: 2) Hot Option- Turkey Hot Dog on a Roll 3) Cereal Fun Lunch- Whole Grain Cheerios, Goldfish Crackers, Yogurt, String Cheese				
Week 1 23	24	25	26	27
1) WG French Toast Sticks w/pancake syrup Turkey Sausage Patties Hash Brown Patty Chilled Cinnamon Applesauce	1) WG Chicken Nuggets Sweet Mustard Dressing Mashed Potatoes Seasoned Peas Whole Grain Dinner Roll	1) Meatballs in Zesty Marinara Sauce Whole Grain Spaghetti Roasted Green Beans Parmesan Cheese Whole Grain Breadstick	1) Classic Cheese OR Pepperoni Pizza Seasoned Broccoli Florets *G.F. Pizza	1) Macaroni and Cheese Steamed Baby Carrots Whole Grain Dinner Roll
Week 1 Alternatives: 2) Hot Option - Crispy Chicken Patty Sandwich 3) Muffin Fun Lunch - Blueberry Muffin, Goldfish Crackers, Cheese & Strawberry Yogurt				
Week 2 30	31	Food Focus of the month: Tree fruit is any fruit that grows on a tree. There are different groups of tree fruits – two common groups are pome (apples and pears) and stone fruits like peaches. You've probably heard of oranges and pears, but pomegranates, figs, avocados, and starfruit are also tree fruits.		
Week 2 Alternatives: 2) Hot Option - *Toasty Cheese Sandwich 3) Nacho Fun Lunch - Tortilla Chips, Mild Salsa, Shredded Cheddar				
Choose With Any Meal!				
Choose with any Meal:	Choose with any Meal:	Choose with any Meal:	Choose with any Meal:	Choose with any Meal:
Sweet Corn & Pepper Salad	Fresh Celery Sticks w/Sunbutter	Broccoli Ranch Salad w/Carrots	Colorful Tossed Salad	Carrot Sticks w/Hummus
Citrus Bean Salad	Confetti Cole Slaw	Fresh Cherry Tomatoes	Sliced Cucumbers	Power Peas
Assorted Fresh & Chilled Fruit	Assorted Fresh & Chilled Fruit	Assorted Fresh & Chilled Fruit	Assorted Fresh & Chilled Fruit	Assorted Fresh & Chilled Fruit
Weekly Alternate Meals for the Month				
4) Chicken Ranch Wrap	4) Strawberry Parfait with Homemade Granola & WG Dinner Roll	4) Mixed Greens Salad with Cheese & WG Dinner Roll	4) Honey Mustard Turkey Ham & Cheddar Wrap	4) Crispy Chicken Salad with Cheese & WG Dinner Roll

*Available as a gluten free lunch upon request. Gluten Free Garden Salad, Turkey Wrap, Sunbutter & Jelly Sandwich available daily.

ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices are 1% white, skim chocolate and lactose-free skdm.