


A Minimum of One Fruit or Vegetable is required for a reimbursable meal



**October 2017
Metro Lunch Menu**

Daily Milk offered includes 1%, skim, or skim chocolate

All meals include milk, fruit, vegetable, grain, meat/meat alternative

October 2	October 3	October 4	October 5	October 6
No School	Taco Pizza Sides: Fruit Slushie Mandarin Oranges Peas & Carrots Refried Beans	Lasagna Roll Up w/ Garlic Toast Sides: Applesauce Pineapple Green Beans Baby Carrots	Walking Taco w/ Spanish Rice Sides: Fresh Fruit Fruit Cocktail Side Salad Corn	Chicken Nuggets w/ Hot Roll Sides: School Planned Fruits and Vegetables
October 9	October 10	October 11	October 12	October 13
Ham & Cheese Toastie Sides: Peaches 100% Fruit Juice Baby Carrots Peas	Chicken Crisпитos w/ Cheese Sauce Sides: Apples Pineapple Corn Mixed Vegetables	Pizza Crunchers Sides: Orange Smiles Fruit Cocktail Sweet Potato Fries Broccoli	Chicken Fajitas & Spanish Rice Sides: Mandarin Oranges Pears Fajita Blend Vegetables  Refried Beans	Stuffed Cheese Sticks & Marinara Sides: School Planned Fruits and Vegetables
October 16	October 17	October 18	October 19	October 20
Turkey O'Toole Sides: Pineapple Apples Steak Fries Baked Beans	Soft Shell Tacos Sides: Pears Fruit Slushie Mixed Vegetables Baby Carrots	Creamy Mac & Cheese w/ Breadstick Sides: Fresh Fruit Fruit Cocktail Fresh Cauliflower Sweet Potato Fries	Italian Dunkers & Meat Sauce Sides: Fresh Fruit Applesauce Side Salad Green Beans	Spicy Chicken Wrap Sides: School Planned Fruits and Vegetables
October 23	October 24	October 25	October 26	October 27
Chicken Tender Wrap Sides: Pineapple Pears Sweet Potato Fries Cucumber Slices	Beef & Cheese Nachos w/ Tortilla Chips & Salsa Sides: 100% Fruit Juice Fresh Fruit Corn Refried Beans	Pepper Jack Beef Deli Sides: Applesauce Orange Smiles Mashed Potatoes & Gravy Baby Carrots	Spaghetti & Meatballs w/ Breadstick Sides: Mandarin Oranges Fruit Cocktail Side Salad Roasted Chickpeas	Sweet Spicy Chicken Flatbread Sides: School Planned Fruits and Vegetables
October 30	October 31			
No School	Taco Pizza Sides: Fruit Slushie Mandarin Oranges Mixed Vegetables Refried Beans			
Monday Alternate	Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate
Hamburger/Cheeseburger Cheese Pizza	Chicken Patty Pick 2 Salad w/ Toasted Flatbread	Honey BBQ Rib on a Bun Cheese Pizza	Spicy Chicken Patty Pick 2 Salad w/ Toasted Flatbread	Fish Wedge Turkey & Cheese Sub

Menu Item (P) May Contain Pork

This institution is an equal opportunity provider. [Link to Nondiscrimination Statement on Dept. Website.](#)