






# OCTOBER 2019

## MEAL PRICE: \$3.00

This institution is an equal opportunity provider and employer. For any questions & information contact Jill at: [jzondag@grcs.org](mailto:jzondag@grcs.org)

**Milk Only .50**  
Milk is included with lunch.  
1% Chocolate,  
1% White milk.

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p>SEPT 30</p> <p><b>SCHOOL HOLIDAY</b></p>  | <p>OCT 1</p> <p>Dutch Waffle, Whipped Cream, Strawberry Cup, Potato Triangle, 2 Pork Sausage Links</p> <p><b>2 WARM PRETZEL &amp; CHEESE</b></p>   | <p>OCT 2</p> <p>Nacho Walking Chips Bags, Beef Taco Meat, Cheese, Lettuce, Salsa, Black Bean and Corn Fruit Choice</p> <p><b>2 TURKEY/CHEESE SUB BAG</b></p>   | <p>OCT 3</p> <p><b>NEW</b></p> <p>3 Cheese Cavatappi Pasta, Twisted Garlic Breadstick, Garden Salad, Ranch, Fruit Choice</p> <p><b>2 PILLSBURY PANCAKE BAG</b></p>   | <p>OCT 4</p> <p>Bosco Breadsticks, Marinara Sauce, Carrots, Snow Peas, Hummus, Fruit Choice</p> <p><b>2 YOGURT PARFAIT</b></p>  |
| <p>OCT 7</p> <p>Tyson Chicken Tenders, Whipped Potatoes, Gravy, Green Beans, Ranch, Apple Slices</p> <p><b>2 FROOT LOOPS BAG</b></p>   | <p>OCT 8</p> <p>Eggo Confetti Pancakes, Cheese Omelet, Tator Tots, Fruit Choice</p> <p><b>2 WARM PRETZEL &amp; CHEESE</b></p>  | <p>OCT 9</p> <p> Soft Large Pretzel Cheese Cup, Cukes and Celery, Hummus, Fruit Choice</p> <p><b>2 TURKEY/CHEESE SUB BAG</b></p>  | <p>OCT 10</p> <p><b>Flo's Pizza</b></p> <p>Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>  | <p>OCT 11</p> <p> <b>Emoji Day!</b><br/>Mini Corn Dogs, Emoticon Potato Shapes, Carrots, Ranch, Emoji Fruit Slushie</p> <p><b>2 YOGURT PARFAIT</b></p> |
| <p>OCT 14</p> <p>Zoo Shaped Chicken Nuggets, Animal Crackers, Red and Green Peppers, Fruit Choice</p> <p><b>2 FROOT LOOPS BAG</b></p>  | <p>OCT 15</p> <p>Eggo Mini Waffles, Sausage Links, Potato Triangle, Applesauce</p> <p><b>2 WARM PRETZEL &amp; CHEESE</b></p>   | <p>OCT 16</p> <p>Rotini Beef Pasta, Garlic Bread, Steamed Broccoli, Fruit Choice</p> <p><b>2 TURKEY/CHEESE SUB BAG</b></p>   | <p>OCT 17</p> <p> Hamburger, Cheese, Lettuce, Crinkle Fries, Fruit Choice, Mini Ice Cream Sandwich</p> <p><b>2 PILLSBURY PANCAKE BAG</b></p> | <p>OCT 18</p> <p>Bosco Bread Sticks, Marinara Sauce, Fresh Broccoli, Carrots Ranch, Fruit Choice</p> <p><b>2 YOGURT PARFAIT</b></p>   |
| <p>OCT 21</p> <p> Hot Dog on Bun, Fun Size Popcorn, Baked Beans, Strawberry Cup, Mini Vanilla Ice Cream Cup</p> <p><b>2 FROOT LOOPS BAG</b></p> | <p>OCT 22</p> <p> Pillsbury Mini Cinnamon French Toast, Sausage Links, Potato Circles, Fruit Choice</p> <p><b>2 WARM PRETZEL &amp; CHEESE</b></p> | <p>OCT 23</p> <p><b>SCHOOL HOLIDAY</b></p>   | <p>OCT 24</p> <p><b>SCHOOL HOLIDAY</b></p>   | <p>OCT 25</p> <p><b>SCHOOL HOLIDAY</b></p>  |
| <p>OCT 28</p> <p><b>NEW</b></p> <p>Tyson Breaded "Dilly" Chicken Nuggets, Waffle Fries, Hawaiian Roll, Fruit Choice</p> <p><b>2 FROOT LOOPS BAG</b></p>  | <p>OCT 29</p> <p>Dutch Waffle, Whipped Cream, Strawberry cup, Potato Triangle, 2 Pork sausages, Apple Juice</p> <p><b>2 WARM PRETZEL &amp; CHEESE</b></p>  | <p>OCT 30</p> <p> <b>Cowboy Day</b><br/>Pork Rib-Q with Biscuit Cowboy Beans, Trail Mix--Dried Apples and Granola, Fruit Choice</p> <p><b>2 TURKEY/CHEESE SUB BAG</b></p> | <p>OCT 31</p> <p><b>Flo's Pizza</b></p> <p>Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>  | <p>NOV 1</p> <p>Breaded Chicken Tenders, Over waffle, Corn, Apple Slices</p> <p><b>2 YOGURT PARFAIT</b></p>   |

**MONDAY**  
2 Froot Loop Bag  
Fruit Loops Cereal, Yogurt, Sunflower Seeds, Apple, Teddy Grahams, Mango Wango Juice

**TUESDAY**  
2 Warm Pretzel & Cheese  
Fresh Broccoli, Carrots, Peach Cup, Jennie O- Turkey Stick

**WEDNESDAY**  
2 Turkey/Cheese Sub Bag  
Turkey & Cheese Sub, Celery, Hummus, Apple Slices, Mini Rice Krispie treat

**THURSDAY**  
2 Pillsbury Pancake Bag  
Pillsbury Pancakes, Cheese Stick, Yogurt, Mango Wango Juice, Strawberries

**FRIDAY**  
2 Yogurt Parfait  
Vanilla Yogurt Parfait, Granola, Strawberries, Carrots and Ranch, Sun chips

GO TO LUNCHAPP.COM TO APPLY FOR FREE/REDUCED LUNCH BENEFITS (CONVENIENT & CONFIDENTIAL). HOT LUNCH IS A PREPAY PROGRAM. YOU MAY DEPOSIT MONEY AT: SENDMONEYTOSCHOOL.COM OR DROP OFF A CHECK AT SCHOOL.

