

October

Western
Dubuque Schools
Elementary Lunch
Menu
2018

Monday Tuesday Wednesday Thursday Friday

1 Hot Ham & Cheese Hashbrowns Mix Veggies & Cheese Pears	2 Chicken Patty Sandwich French Fries Baby Carrots Applesauce	3 Taco Salad Refried Beans Corn Fruit Mix	4 Pork Tenderloin Ranch Potato Wedges Green Beans SideKicks Fruit Slushie	5 Mini Corn Dogs Tater Tots Green Beans Fresh Apple
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Each meal includes a choice of 1%, skim or chocolate milk



8 BBQ McRib Curly Fries Broccoli & Cheese Peaches	9 Popcorn Chicken w/Whole Grain Roll Mashed Potatoes Corn Pears	10 Spaghetti w/ Meat Sauce & Garlic Breadstick Garden Salad Fresh Oranges	11 French Toast Sticks *Jones Farms Sausage Links Hashbrowns *Country View Dairy Strawberry Yogurt Fruitables Juice *Locally Grown Apple	October 11 is Iowa Local Foods Day https://www.iowalocalfoodday.org/ <i>*These food items raised or grown and processed by Local area Farmers</i>
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15 Cheesy Lasagna Roll-Up & Garlic Breadsticks Green Beans Baby Carrots Pears	16 Chicken Nuggets w/Whole Grain Roll Mashed Potatoes Corn Peaches	17 Cheeseburger w/ Romaine & Tomato French Fries Fresh Side Salad Mandarin Oranges	18 Pepperoni Pizza Sun Chips Corn Fresh Oranges Jell-O Cake	19 Cheese Quesadilla Potato Oles Refried Beans Pineapple
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National School Lunch Week, October 15-19

22 Chicken & Gravy Buttered Noodles w/Whole Grain Roll Sweet Green Peas Applesauce	23 Sloppy Joe Smiley Potatoes Broccoli & Cheese SideKicks Fruit Slushie	24 Pizza Cruncher Fresh Side Salad Green Beans Fresh Apple	25 Walking Taco Cheesy Mexican Rice Corn Fresh Oranges	26 Hot Dog French Fries Baby Carrots Pears
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Peanut Butter & Jelly, Peanut Butter or Ham Sandwiches available every day!



29 Chicken Strips w/Whole Grain Roll Mashed Potatoes Corn Peaches	30 Chicken Noodle Soup Grilled Cheese Sandwich w/ Crackers Baby Carrots Fruit Mix	31 BBQ Pulled Pork Mix Veggies & Cheese Fresh Side Salad Strawberries	<div style="text-align: center;"> <h2>October</h2> <p>is</p> <h3>NATIONAL FARM to SCHOOL MONTH</h3> </div>
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Menu subject to change without notice

This institution is an equal opportunity provider.