



Elementary School Lunch Menu

October 2014



SVP offers an alternate Newton Meal daily.
WME offers an alternate Newton Meal and a Newton Salad daily.

Monday

FOOD FOR THOUGHT: KOHLARABI

In German, kohl means "cabbage" and rübe (rabi) means "turnip".

Tuesday

FRESH PICKS.

Wednesday

Apple Fruit Pocket,
Juice, Milk

Chicken Chili,
Cornbread, Baked
Fries, Carrots w/Ranch
Strawberries, Milk

Thursday

PanCake Sausage on a
Stick, Juice, Banana
Milk

Beef Tacos, Spanish
Rice, Pinto Beans,
Romaine, Tomatoes,
Mandarin Oranges,
Milk

Friday

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Cheeseburger, Garden
Salad, French Fries,
Ketchup, Mayo, Must,
Honeydew, Milk

6

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Chicken Nuggets,
Baked Beans, Mashed
Potatoes, Roll, Grapes,
Milk

7

Biscuit and Sausage,
Juice, Orange, Milk

Bean and Cheese
Burrito, Mexi-Corn,
Salsa, Peaches, Milk

8

Apple Fruit Pocket,
Juice, Milk

Chicken Patty on a
Bun, Sweet Potato
Fries, Celery w/Ranch,
Cantaloupe, Milk

9

Breakfast Pizza, Juice,
Banana Milk

Chicken Tacos, Spanish
Rice, Pinto Beans,
Romaine, Tomatoes,
Pears, Milk

10

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Pepperoni Pizza,
Garden Salad, Carrots
w/Ranch, Orange, Milk

13

Columbus Day Holiday

14

French Toast Sticks,
Juice, Orange, Milk

Chili con Carne,
Cornbread, Vegetable
Blend, Celery w/Ranch,
Pineapple, Milk

15

Apple Fruit Pocket,
Juice, Milk

Chicken Enchiladas,
Pinto Beans, Romaine,
Tomatoes,
Strawberries, Milk

16

Bosco Cheese Stick,
Juice, Banana Milk

Spaghetti w/Meat
Sauce, Garden Salad,
Green Beans, Roll,
Mixed Fruit, Milk

17

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Cheeseburger, Garden
Salad, French Fries,
Ketchup, Mayo, Must,
Watermelon, Milk

20

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Chicken Patty on a
Bun, Sweet Potato
Fries, Celery w/Ranch
Grapes, Milk

21

Bagel w/Straw Jam,
Juice, Orange, Milk

Beef Enchiladas,
Spanish Rice, Refried
Beans, Romaine,
Tomatoes, Peaches,
Milk

22

Apple Fruit Pocket,
Juice, Milk

Bavarian Pork Loin,
Roll, Mashed Potatoes,
Cider Glazed Squash,
Watermelon, Milk

23

Biscuit and Sausage,
Juice, Banana Milk

Beef Fingers, Mashed
Potatoes, Broccoli
w/Ranch, Ketchup,
Pears, Milk

24

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Pepperoni Pizza,
Garden Salad, Green
Beans, Orange, Milk
KOHLARABI

27

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Chicken Burrito, Pinto
Beans, Mexi-Corn,
Apple, Milk

28

Boiled Egg and Muffin
Square, Juice, Orange,
Milk

Mac and Cheese,
Breadstick, Steamed
Carrots, Broccoli
w/Ranch, Pineapple
Milk

29

Apple Fruit Pocket,
Juice, Milk

Meatball Sub, Sweet
Potato Puffs, Romaine,
Tomato, Ranch,
Strawberries, Milk

30

PanCake Sausage on a
Stick, Juice, Banana
Milk

Spaghetti w/Meat
Sauce, Garden Salad,
Green Beans, Roll,
Mixed Fruit, Milk

31

Cereal, Goldfish
Graham, Juice, Apple,
Milk

Cheeseburger, Garden
Salad, French Fries,
Ketchup, Mayo, Must,
Honeydew, Milk

Breakfast and Lunch are provided to students FREE of charge to all Elementary level children grades K-5.

Adult meal prices are \$2.00 for Breakfast and \$3.50 for Lunch

USDA is an equal opportunity provider and employer.

For questions and comments, please email the Food Service Director at foodservice@ruidososchools.org or call 575-630-7993
Lunch Includes Choice of Skim and 1% Milk.

