



Regular physical activity helps the body to function better.

Inman/Washington Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
Offered Daily on teh Fruit & Vegetable Bar

OCTOBER 2016

MONDAY

HOM - Local Apple
No School

3

TUESDAY

Beefy Nachos
OR All American
Hamburger
OR Taco Salad

4

Refried Beans

WEDNESDAY

Italian Meatballs in Bread
Bowl
OR BQ Rib Sandwich
OR Turkey BLT Wrap

5

Garden Green Beans

THURSDAY

Philly Cheese Burger
OR Crispy Chicken
Nuggets & Roll
OR Crispy Chicken Salad

6

Golden French Fries

FRIDAY

Pizza Parlor Pizza
OR Turkey BLT on
Flatbread
OR Deli Sandwich

7

Garlic Herb Broccoli

School Lunch Week

French Toast Sticks &
Ham Slice
OR Chicken and Cheese
Quesadilla
OR Chef Salad

10

Tri-Tator

Popcorn Chicken Bites &
Roll
OR Hot Turkey Gravy &
Roll
OR Deli Sandwich

11

Mashed Potatoes & Gravy

Invite Family to Lunch

Spaghetti With Italian Meat
Sauce & Garlic Toast
OR BBQ Chicken
Sandwich
OR Southwest Chicken
Salad

12

Garden Green Beans

HOM - Local Apple

Walking Taco
OR Chicken Philly
Sandwich
OR Ham Pinwheel

13

Refried Beans
Great Apple Crunch

Cheese Bread with
Marinara Sauce
OR BBQ Meatball Sub
OR Chicken Ceasar Salad

14

Roasted Italian Vegetables

County Fair Corn Dog
OR Chicken Sandwich
OR Deli Sandwich

17

Sweet Potatoes FF
Garden Carrot

HOM - Parsnips

Chicken Tenders
OR Homemade Meatloaf
OR Taco Salad

18

Mashed Potatoes with
Parships
Slice of Bread

Soft Chicken Tacos with
Lettuce, Cheese & Salsa
OR Hot Ham and Cheese
Sandwich
OR Turkey BLT Wrap

19

Tator Tots

Toast Cheese Sandwich
OR Breaded Chicken
Patty Sandwich
Or Crispy Chicken Salad

20

Homemade Chicken
Noodle Soup
Brownie

Pizza Parlor Pizza
OR Cheese Burger

21

OR Deli Sandwich

Roasted Cauliflower

Fish Nuggets & Soft Roll
OR Chicken Bacon Ranch
Melt
OR Chef Salad

24

Sweet Potato Fries

Beef Tacos
OR Roasted Hot Dog
OR Ham Pinwheel

25

Spiced Pinto Beans

Homestyle Meatballs in
Gravy
OR Chicken Nuggets
OR Turkey BLT Salad

26

Mashed Potatoes & Gravy
Fresh Bread

Cheese Pizza Slice
OR Roasted Vegetable
Foccacia
Or Deli Sandwich

27

Garden Green Beans

HOM - Turmeric

Hot Ham and Cheese
OR Cheeseburger Calzini
OR Chicken Salad Sliders
with Turmeric

28

Sweet Green Peas

Crispy Chicken Sub
OR All American
Hamburger
OR Turkey BLT Wrap

31

Savory Baked Beans



Apples contain
no fat, sodium
or cholesterol
and are a good
source of fiber.

Free & Reduced Price
Meal Benefit
information &
application can be
obtained by
contacting the
Food Service Office.

PRICES

Regular K-3	\$2.45
Regular 4-12	\$2.60
Reduced	\$0.40
Adult	\$3.60
Milk	\$0.45

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments,
contact the Food Service Director at
riibem@roschools.org or call 1-712-623-8351

