

Regular physical Inman/Washington Lunch Menu

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

october 2013

MONDAY

HOM - Local Apple
No School



4

(18

(25)

Beefy Nachos OR All American Hamburger OR Taco Salad

Refried Beans

WEDNESDAY

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

Garden Green Beans

THURSDAY

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

Golden French Fries

FRIDAY

Pizza Parlor Pizza OR Turkey BLT on Flatbread OR Deli Sandwich

Garlic Herb Broccoli

School Lunch Week

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

Tri-Tator

Popcorn Chicken Bites &

OR Hot Turkey Gravy & Roll

OR Deli Sandwich

Mashed Potatoes & Gravy

Invite Family to Lunch (12)

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

Garden Green Beans

HOM - Local Apple

Walking Taco
OR Chicken Philly
Sandwich
OR Ham Pinwheel

Refried Beans
Great Apple Crunch

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

14

(21

(28)

Roasted Italian Vegetables

17

(31

(10)

County Fair Corn Dog OR Chicken Sandwich OR Deli Sandwich

Sweet Potatoes FF Garden Carrot

HOM - Parsnips

Chicken Tenders
OR Homemade Meatloaf
OR Taco Salad

Mashed Potatoes with Parships Slice of Bread Soft Chicken Tacos with Lettuce, Cheese & Salsa OR Hot Ham and Cheese Sandwich

19

26

OR Turkey BLT Wrap

Tator Tots

Toast Cheese Sandwich

OR Breaded Chicken Patty Sandwich Or Crispy Chicken Salad

Homemade Chicken Noodle Soup **Brownie** 20

(27)

(13)

Pizza Parlor Pizza OR Cheese Burger

OR Deli Sandwich

Roasted Cauliflower

Fish Nuggets & Soft Roll
OR Chicken Bacon Ranch

OR Chef Salad

Melt

Sweet Potato Fries

Beef Tacos OR Roasted Hot Dog OR Ham Pinwheel

Spiced Pinto Beans

Homestyle Meatballs in Gravy OR Chicken Nuggets OR Turkey BLT Salad

Mashed Potatoes & Gravy Fresh Bread

Cheese Pizza Slice OR Roasted Vegetable Foccacia Or Deli Sandwich

Garden Green Beans

HOM - Turmeric

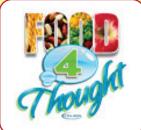
Hot Ham and Cheese
OR Cheeseburger Calzini
OR Chicken Salad Sliders
with Turmeric

Sweet Green Peas

Crispy Chicken Sub OR All American Hamburger OR Turkey BLT Wrap

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

