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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ***HOM - Local Apple*** No School	**4** ***HOM Feature - Tomato*** Beefy Nachos OR All American Hamburger OR Taco Salad Refried Beans	**5** ***HOM Feature - Tomato*** Italian Meatballs in Bread Bowl OR BQ Rib Sandwich OR Turkey BLT Wrap Garden Green Beans	**6** ***HOM Feature - Tomato*** Philly Cheese Burger OR Crispy Chicken Nuggets & Roll OR Crispy Chicken Salad Golden French Fries	**7** ***HOM Feature - Tomato*** Pizza Parlor Pizza OR Turkey BLT on Flatbread OR Deli Sandwich Garlic Herb Broccoli
10 ***School Lunch Week*** French Toast Sticks & Ham Slice OR Chicken and Cheese Quesadilla OR Chef Salad Tri-Tator	**11** ***HOM Feature - Tomato*** Popcorn Chicken Bites & Roll OR Hot Turkey Gravy & Roll OR Deli Sandwich Mashed Potatoes & Gravy	**12** ***Invite Family to Lunch*** Spaghetti With Italian Meat Sauce & Garlic Toast OR BBQ Chicken Sandwich OR Southwest Chicken Salad Garden Green Beans	**13** ***HOM - Local Apple*** Walking Taco OR Chicken Philly Sandwich OR Ham Pinwheel Refried Beans **Great Apple Crunch**	**14** ***HOM Feature - Tomato*** Cheese Bread with Marinara Sauce OR BBQ Meatball Sub OR Chicken Ceasar Salad Roasted Italian Vegetables
17 ***HOM Feature - Tomato*** County Fair Corn Dog OR Chicken Sandwich OR Deli Sandwich Sweet Potatoes FF Garden Carrot	**18** ***HOM - Parsnips*** Chicken Tenders OR Homemade Meatloaf OR Taco Salad Mashed Potatoes with Parships Slice of Bread	**19** ***HOM Feature - Tomato*** Soft Chicken Tacos with Lettuce, Cheese & Salsa OR Hot Ham and Cheese Sandwich OR Turkey BLT Wrap Tator Tots	**20** ***HOM Feature - Tomato*** Toast Cheese Sandwich OR Breaded Chicken Patty Sandwich Or Crispy Chicken Salad Homemade Chicken Noodle Soup **Brownie**	**21** ***HOM Feature - Tomato*** Pizza Parlor Pizza OR Cheese Burger OR Deli Sandwich Roasted Cauliflower
24 ***HOM Feature - Tomato*** Fish Nuggets & Soft Roll OR Chicken Bacon Ranch Melt OR Chef Salad Sweet Potato Fries	**25** ***HOM Feature - Tomato*** Beef Tacos OR Roasted Hot Dog OR Ham Pinwheel Spiced Pinto Beans	**26** ***HOM Feature - Tomato*** Homestyle Meatballs in Gravy OR Chicken Nuggets OR Turkey BLT Salad Mashed Potatoes & Gravy Fresh Bread	**27** ***HOM Feature - Tomato*** Cheese Pizza Slice OR Roasted Vegetable Foccacia Or Deli Sandwich Garden Green Beans	**28** ***HOM - Turmeric*** Hot Ham and Cheese OR Cheeseburger Calzini OR Chicken Salad Sliders with Turmeric Sweet Green Peas
31 ***HOM Feature - Tomato*** 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

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Menus are subject to change without notice. This Institution is an equal opportunity provider.

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