



# 2018 GLACIAL DRUMLIN LUNCH

Components: Fruit, Veggies, Protein, Grain, Milk \* Select at Least 3 of the 5 Components \* One must be a full serving of Fruit or Veggie \* Or for a Complete Meal Select All 5

Monday	Tuesday	Wednesday	Thursday	Friday										
<p>P - May contain pork N - May contain peanut/nut E - May contain egg V - Vegetarian LG – Locally Grown</p> <p>(N,V)PBJ Combo or (E)Chef or (E)Garden Salad offered Daily as an Entrée Choice</p>	<p><b>1</b> (E,V)Macaroni &amp; Cheese/Breadstick Or (P)Rib Sandwich Country Blend Vegetables Broccoli Cuts Warm Cinnamon Apples Slushie Sidekicks</p>	<p><b>2</b> (E,V)Rotini w/Choice of Sauce, Shredded Cheese &amp; Garlic Toast Or (P)Ham Sandwich Romaine Garden Salad Cucumber Slices Cherry Tomatoes Mixed Fruit</p>	<p><b>3</b> (P)Nachos w/Meat &amp; Cheese Sauce Or Grilled Chicken Sandwich Refried Beans Corn Niblets Diced Pears Strawberries Mini Krispie Treat</p>	<p><b>4</b> (P,V)Stuffed Crust Pizza Or Turkey &amp; Cheese on a Bun Steamed Peas Garden Salad Baby Carrots <b>(LG)Fresh Sliced Apples</b></p>										
<p><b>7</b> Hamburger/Bun Or (P)Pizzabobbzz Sliced Tomatoes Crispy Crinkle Fries Broccoli Cuts Baby Carrots Diced Peaches</p>	<p><b>8</b> Teriyaki Or (E)Orange Chicken Steamed Brown Rice California Blend Vegetables Green Beans Pineapple Tidbits Slushie Sidekicks (E)Fortune Cookie</p>	<p><b>9</b> Turkey &amp; Gravy/Dinner Roll Or (P)Sub Sandwich Mashed Potatoes Peas &amp; Carrots Cranberry Sauce Mixed Fruit (E)Cookie</p>	<p><b>10</b> Popcorn Chicken w/ (E)Mini Cornbread Loaf Or Fish w/Cheese/Bun (E)Creamy Cole Slaw (P)Baked Beans Pepper Strips Chilled Applesauce</p>	<p><b>11</b> (V)Mozzarella Stix w/Dipping Sauce Or (P)Italian Sub Country Blend Vegetables Garden Salad Cauliflorets Baby Carrots Grapes</p>										
<p><b>14</b> Chicken Patty/Bun Or (V)Grilled Cheese Sandwich Green Beans Baked Tator Tots Mixed Fruit Gripz Graham Bits</p>	<p><b>15</b> (E)Mini Corn Dogs Or Cheeseburger Meatloaf w/Dinner Roll Mashed Potatoes Peas &amp; Carrots Diced Peaches Chilled Applesauce</p>	<p><b>16</b> (P)Taco Salad w/Chips or Soft Shell &amp; Shredded Cheese Or Turkey Sandwich Diced Tomatoes &amp; Shredded Lettuce Corn Niblets Refried Beans Pineapple Tidbits</p>	<p><b>17</b> Chicken Rings w/ Steamed Brown Rice Or (P)BBQ Pork Sandwich Steamed Cauliflower Broccoli Florets Celery Sticks Strawberries</p>	<p><b>18</b> (P,V)Wild Mike's Pizza Or Grilled Chicken Sandwich Romaine Garden Salad Baby Carrots Cherry Tomatoes Jicama Sticks <b>(LG)Fresh Sliced Apples</b></p>										
<p><b>21</b> Teriyaki Or (E)Orange Chicken Steamed Brown Rice California Blend Vegetables Green Beans Pineapple Tidbits Slushie Sidekicks (E)Fortune Cookie</p>	<p><b>22</b> (P)Hot Dog/Bun Or (P)Rib Sandwich Sun Chips (P)Baked Beans Pepper Strips Warm Cinnamon Apples</p>	<p><b>23</b> (E,V)Rotini w/Meatballs in Sauce, Shredded Cheese &amp; Garlic Toast Or Turkey Ranch Wrap Romaine Garden Salad Grape Tomatoes Cucumbers Chilled Pears</p>	<p><b>24</b> Popcorn Chicken w/Breadstick Or (V)Cheese Calzone Seasoned Roasted Potatoes Corn Niblets Baby Carrots Mixed Fruit Banana</p>	<p><b>25</b> (P,V)Personal Round Pizza Or (P)Ham on Wheat Cauliflorets Broccoli Cuts Diced Peaches Fruit Juice Bar</p>										
<p><b>28</b></p>	<p><b>29</b> Chicken Tenders w/Garlic Toast Or (E,V)Lasagna Roll Up w/Garlic Toast California Blend Vegetables Green Beans Baby Carrots Diced Pears</p>	<p><b>30</b> <b>BRUNCH FOR LUNCH</b> (E,V)French Toast Sticks w/(P)Sausage Or (P)Ham &amp; Cheese Sub Hash Brown Celery Sticks Strawberries 100% Juice</p>	<p><b>31</b> Turkey &amp; Gravy/Dinner Roll Or (P)Sub Sandwich Mashed Potatoes Peas &amp; Carrots Cranberry Sauce Chilled Applesauce Mini Krispie Treat</p>	<p><b>MEAL PRICES</b></p> <table> <tr> <td>Grade 5</td> <td>\$2.70</td> </tr> <tr> <td>Grades 6-8</td> <td>\$2.85</td> </tr> <tr> <td>Reduced</td> <td>\$0.40</td> </tr> <tr> <td>Adults</td> <td>\$3.75</td> </tr> <tr> <td>Milk Only</td> <td>\$0.40</td> </tr> </table> <p>Skim and 1% Milk served daily Fresh Fruit served most days of the week</p>	Grade 5	\$2.70	Grades 6-8	\$2.85	Reduced	\$0.40	Adults	\$3.75	Milk Only	\$0.40
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