







# October 2013

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 <u>Lunch Entrées-Choose One</u> Hamburger/Cheeseburger Roasted Chicken w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Crinkle Cut Fries, Sliced Tomatoes <i>w/Fresh SC Grown Tomatoes</i>, Pineapple, Sliced Oranges </p>	<p>2 <b>COLLABORATIVE DAY</b></p> <p><u>Lunch Entrées-Choose One</u> Turkey Deli Sub Corn dog Fresh Baby Carrots, Fresh Celery Sticks Rosati Ice 100% Fruit Juice, Fresh Fruit</p>	<p>3 <u>Lunch Entrées-Choose One</u> Corn dog WG Sweet &amp; Sour Chicken w/Rice &amp; Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Baked Beans, Veggie Cup Mandarin Oranges, Fresh Banana</p>	<p>4 <u>Lunch Entrées-Choose One</u> <b>**Max Stuffed Crust Pep. Pizza Slice</b> Chicken Fajitas Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Parsley Potatoes, Spinach Salad Applesauce, Orange Juice</p>	
<p>7 <u>Lunch Entrées-Choose One</u> Chicken Nuggets w/Breadstick Hamburger/Cheeseburger Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Green Beans, Glazed Sweet Potatoes Diced Pears, Sliced Oranges</p>	<p>8 <u>Lunch Entrées-Choose One</u> <b>**Pancakes &amp; Sausage</b> Turkey w/Rice, Gravy &amp; Roll Chicken Salad Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Tater Tots, Steamed Broccoli Sliced Peaches, Fresh Apples</p>	<p>9 <u>Lunch Entrées-Choose One</u> Chicken Strips w/Cinnamon Roll Pasta Wrap w/Cinnamon Roll Chicken Salad Sandwich <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Caesar Salad, Steamed Squash Strawberry Cup, Fruit Cocktail</p>	<p>10 <u>Lunch Entrées-Choose One</u> Tacos Chicken Pot Pie w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Sliced Tomatoes <i>w/Fresh SC Grown Tomatoes</i>, Black-eyed Peas Applesauce, Fresh Honeydew </p>	<p>11 <u>Lunch Entrées-Choose One</u> <b>**4x6 Variety Pizza</b> Fish Poppers w/Roll Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Roasted Cauliflower, Fresh Sugar Snap Peas Fresh Banana, Grape Juice</p>
<p>14 <u>Lunch Entrées-Choose One</u> Chicken Strips w/Breadstick Macaroni &amp; Cheese w/Breadstick Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Green Beans, Fresh Baby Carrots Fruit Cocktail, Fresh Apple</p>	<p>15 <u>Lunch Entrées-Choose One</u> Hamburger/Cheeseburger Roasted Chicken w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Crinkle Cut Fries, Roasted Vegetables Pineapple, Sliced Oranges</p>	<p>16 <u>Lunch Entrées-Choose One</u> Spaghetti w/Cinnamon Roll Chicken Sandwich Deli Sandwich <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Spring Salad, Corn Peach Cup, Craisins</p>	<p>17 <u>Lunch Entrées-Choose One</u> <b>**Hotdog</b> Teriyaki Chicken w/Rice &amp; Roll Toasted Cheese Sandwich on WG Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Baked Beans, Coleslaw Mandarin Oranges, Fresh Banana</p>	<p>18 <u>Lunch Entrées-Choose One</u> NY Style Cheese Pizza Slice Chicken Fajitas Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Parsley Potatoes, Bell Pepper Strips Applesauce, Orange Juice</p>
<p>21 <u>Lunch Entrées-Choose One</u> Chicken Nuggets w/Breadstick Sloppy Joe Sandwich Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Green Beans, Glazed Sweet Potatoes Diced Pears, Sliced Oranges</p>	<p>22 <u>Lunch Entrées-Choose One</u> Hamburger/Cheeseburger Mozzarella Cheese Sticks Chicken Salad Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Tater Tots, Sliced Cucumbers <i>w/Fresh SC Grown Cucumbers</i>, Sliced Peaches, Fresh Apples </p>	<p>23 <u>Lunch Entrées-Choose One</u> Chicken Strips w/Cinnamon Roll Pasta Wrap w/Cinnamon Roll Chicken Sandwich <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Caesar Salad, Steamed Squash Strawberry Cup, Cantaloupe</p>	<p>24 <u>Lunch Entrées-Choose One</u> Tostitos w/Queso Chicken Alfredo w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Picante' Pintos, Corn Applesauce, Fresh Watermelon</p>	<p>25 <u>Lunch Entrées-Choose One</u> <b>**4x6 Variety Pizza</b> Country Beef Steak w/Rice &amp; Roll Yogurt, Cheese &amp; Granola <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Mashed Potatoes, Veggie Cup Fresh Banana, Grape Juice</p>
<p>28 <u>Lunch Entrées-Choose One</u> Chicken Strips w/Breadstick <b>**BBQ Sandwich</b> Chicken Salad Sandwich <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Green Beans, Fresh Baby Carrots Fruit Cocktail, Fresh Apple</p>	<p>29 <u>Lunch Entrées-Choose One</u> Hamburger/Cheeseburger Roasted Chicken w/Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Crinkle Cut Fries, Collards Pineapple, Sliced Oranges</p>	<p>30 <u>Lunch Entrées-Choose One</u> Spaghetti w/Cinnamon Roll Chicken Sandwich Deli Sandwich <b>**Chef Salad w/Crackers</b></p> <p><u>Sides-Choose One or More</u> Corn, Sliced Cucumbers <i>w/Fresh SC Grown Cucumbers</i>, Peach Cup, Fresh Grapes </p>	<p>31 <u>Lunch Entrées-Choose One</u> Corn dog WG Sweet &amp; Sour Chicken w/Rice &amp; Roll Toasted Cheese Sandwich Grilled Chicken Salad w/Breadstick</p> <p><u>Sides-Choose One or More</u> Baked Beans, Veggie Cup Mandarin Oranges, Fresh Banana</p>	

### MEALTIME MESSAGE

Lunch \$2.50

Assorted Milk Choices Available  
Daily for Breakfast and Lunch:  
1% White, Skim White, Fat Free  
Chocolate, Strawberry, and Vanilla

### This Month's SC Grown Fresh Produce....



Tomatoes



Cucumbers

### Fun Facts:

Cucumbers can also be used around the house to fix and clean things. Cucumbers also get rid of soap scum and tarnish from your tub and stainless steel sinks without leaving streaks.

A whopping 93% of American gardeners grow tomatoes in their yards. Forget the orange juice. Florida grows more tomatoes than any other state.

**\*\* Contains Pork**

All Bread that is served in Lexington School District #1 is Whole Grain.

Menu Items subject to change based upon availability.



Nondiscrimination Statement: This institution is an equal opportunity provider.  
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