

Monroe City R-1 School District

ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Hot Dog tator tots baked beans PEARS MILK - Variety	Oct - 3 chicken breast strips INSTANT MASHED P gravy Bread/ Butter carrots apple slices MILK - Variety	Oct - 4 hot ham & cheese Fresh Carrots Teddy Grahams fresh fruit MILK - Variety	Oct - 5 SUPER BEEF NACHO lettuce/tomato corn SPANISH RICE fruit cocktail MILK - Variety	Oct - 6 corndog FRENCH FRIES green beans COWBOY COOKIES pineapple chunk MILK - Variety
Oct - 9 COUNTRY FRIED ST MASHED POTATOES/ gravy mixed veg W.G. SLICED BREAD PEARS MILK - Variety	Oct - 10 grilled chicken pattie baked beans COLE SLAW snickerdoodles mandarin orange slices MILK - Variety	Oct - 11 SCRAMBLED EGGS sausage patty tator tots french toast sticks fresh fruit MILK - Variety	Oct - 12 chicken wrap SALAD,TOSSED peaches CHOCOLATE CHIP C MILK - Variety	Oct - 13 Pizza / Assorted veg. tray/dip apple slices Teddy Grahams MILK - Variety
Oct - 16 salisbury steak MASHED POTATOES/ BROWN GRAVY Bread/ Butter mixed veg fruit cocktail MILK - Variety	Oct - 17 JR CHIKN PATTY french fries california blend mandarin orange slices MILK - Variety	Oct - 18 bbq rib coleslaw BAKED BEANS (VEG pineapple chunk ranger cookie MILK - Variety	Oct - 19 staff development/no s	Oct - 20 NO SCHOOL TODAY

"This Institution is an equal opportunity provider".

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.