

# Monroe City R-1 School District

## MS HS LUNCH

Oct 28, 2018

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### SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 29 country fried steak turkey sandwich INSTANT MASHED P gravy broccoli'n'Cheese mixed veg PEARS Fresh Fruit Assortment MILK - Variety	Oct - 30 chicken patty HAMBURGER ON W FRENCH FRIES green beans cauliflower/ch sauce fruit cocktail Fresh Fruit Assortment OATMEAL COOKIES MILK - Variety	Oct - 31 bbq rib ham & cheese coleslaw BAKED BEANS pineapple chunk Fresh Fruit Assortment MILK - Variety	Nov - 1 SUPER BEEF NACHO chicken patty lettuce/tomato corn peas mandarin orange slices Fresh Fruit Assortment MILK - Variety	Nov - 2 crispitos Tenderloin REFRIED BEANS carrots peaches Fresh Fruit Assortment CHOCOLATE CHIP C MILK - Variety
Nov - 5 turkey cheddar melt bbq rib broccoli'n'Cheese green beans PEARS Fresh Fruit Assortment MILK - Variety	Nov - 6 chicken nuggets cheeseburger MACARONI AND CHE baked beans pineapple chunk Fresh Fruit Assortment MILK - Variety	Nov - 7 corndog chicken patty carrots cauliflower HS mandarin orange slices snickerdoodles Fresh Fruit Assortment MILK - Variety	Nov - 8 CHICKEN AND NOOD ham & cheese MASHED POTATOES Bread / Butter peas corn peaches Fresh Fruit Assortment MILK - Variety	Nov - 9 Pizza Calzone turkey sandwich SALAD, TOSSED mixed veg fruit cocktail Fresh Fruit Assortment MILK - Variety
Nov - 12 chili cheese dog cheeseburger FRENCH FRIES corn carrots Fresh Fruit Assortment PEARS MILK - Variety	Nov - 13 Chicken breaststrips turkey sandwich INSTANT MASHED P gravy Bread / Butter mixed veg Fresh Fruit Assortment mandarin orange slices MILK - Variety	Nov - 14 BBQ Chicken Sandwic turkey sandwich COLE SLAW baked beans pineapple chunk Fresh Fruit Assortment MILK - Variety	Nov - 15 ham & cheese roll-ups chicken patty POTATO CHIPS BAK corn green beans peaches CHOCOLATE CAKE/P Fresh Fruit Assortment MILK - Variety	Nov - 16 cheeseburger chicken patty green beans corn mandarin orange slices Fresh Fruit Assortment ranger cookie MILK - Variety
Nov - 19 chicken patty cheeseburger POTATO CHIPS BAK green beans baked beans Fresh Fruit Assortment MILK - Variety	Nov - 20 staff development/no s	Nov - 21 NO SCHOOL TODAY	Nov - 22 Happy Thanksgiving	Nov - 23 NO SCHOOL TODAY
Nov - 26 SALISBURY STEAK chicken patty INSTANT MASHED P gravy Bread / Butter green beans mixed veg PEARS Fresh Fruit Assortment MILK - Variety	Nov - 27 teriyaki chicken/rice chicken patty broccoli peas Fresh Fruit Assortment pineapple chunk MILK - Variety	Nov - 28 bbq rib cheeseburger COLE SLAW MACARONI AND CHE Fresh Fruit Assortment fruit cocktail CHOCOLATE CHIP C MILK - Variety	Nov - 29 tacos cheeseburger lettuce/tomato corn Fresh Fruit Assortment peaches MILK - Variety	Nov - 30 turkey cheddar melt cheeseburger cauliflower/ch sauce green beans mandarin orange slices Fresh Fruit Assortment OATMEAL COOKIES MILK - Variety

"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.**