



October

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... OCTOBER 3 - 7	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	Breaded Chicken Nugget Whipped Potatoes Crisp Radishes Crunchy Baby Carrots Mixed Fruit Fresh Bkd Cinn Breadstix	Breaded Pizza Burger Mozzarella Cheese Pizza Sauce Fresh Tomato/cucumber Slices Diced Peaches	PK-8 Tony's Pepperoni Pizza 9-12 Big Dad'sPepp pizza Seasoned Garbanzo Beans Capri Blend Veg/Pepper strips Strawberries/Bananas Pudding Cup
Week of... OCTOBER 10 - 14	K-5 Hot Ham/Bun/Cheese 6-12 Meatball Sub Mozzarella Cheese Seasoned Potato Wedges Tomato/Cucumber Slices Pineapple Tidbits	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce SlicedTomatoes/Salsa Mexicali Corn Crisp Apple Wedges Chocolate Brownie	Tatertot Casserole Seasoned Green Beans Fresh Broccoli Florets Crunchy Baby Carrots Applesauce Fresh Bkd Dinner Roll	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Peaches	Pig in a Blanket Oven Bkd Beans Crunchy Baby Carrots Cauliflower Florets Mixed Fruit
Week of... OCTOBER 17 - 21	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Seasoned Corn/Tomatoes Pepper Strips Crisp Apple Wedges 6-12 Potato Salad	Italian Pizza Pasta Bake Broccoli Normandy Fresh Broccoli Florets Crunchy Baby Carrots Applesauce Fresh Bkd Dinner Roll	Breaded Chicken Strips Whipped Potatoes Crisp Celery Stix Broccoli Florets Juicy Orange Wedges Fresh Bkd Cinn Breadstix	PK-3 Big Daddy's Cheese Stix 4-12 Italian Dunkers Zesty Marinara Sauce Crunchy Baby Carrots Garden Salad/Cowboy Salsa Diced Peaches
Week of... OCTOBER 24 - 28	Ham/Cheese Deli Sub Oven Bkd. Beans Sh. Lettuce/Tomato Slices Pineapple Tidbits 6-12 Fruit Rollup	BBQ Beef/ Bun Seasoned Green Beans Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	Chicken Noodle Soup/w Crackers Grilled Cheese Sand Crunchy Baby Carrots Crisp Celery Stix Apple Wedges	Mr. Ribb/ Bun Oven Bkd. Fries Fresh Tomato Slices Broccoli Florets Applesauce	LiL Nacho Bites/Salsa Mexicali Corn Cauliflower Florets Diced Peaches Halloween Sugar Cookie
Week of... OCTOBER 31	PK-5 Turkey Cheese Deli Sub 6-8 Flatbread 9-12 w/Bacon Sh. Lettuce/Tomato Slices Cowboy Salsa Juicy Orange Wedges Cheddar Sunchips				
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH

5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
*Students must choose at least 3 of the 5 items offered,
 one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.