



October

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... OCTOBER 2 - 6	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Applesauce 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	Brd Turkey Fritter/ Bun Cheesy Green Beans Fresh Tomato/cucumber Slices Diced Pears	PK-5 Max Pepperoni Pizza 6-12 Stuff Crust Pepp pizza Seasoned Garbanzo Beans Pacific Blend Veggies Diced Peaches Pudding Cup
Week of... OCTOBER 9 - 13	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 Sliced Tomatoes/Salsa Seasoned Corn Diced Peaches Chocolate Brownie	Chicken Noodle Soup Crackers Grilled Cheese Sand Crunchy Baby Carrots Crisp Celery Stix Apple Wedges	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Applesauce	Pig in a Blanket Oven Bkd Beans Crunchy Baby Carrots Cauliflower Florets Juicy Orange Wedges
Week of... OCTOBER 16 - 20	Breaded Mozzarella Sticks Marinara Sauce Garden Salad Cowboy Salsa Cauliflower Florets Mixed Fruit	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 Garbanzo Beans 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	Ham/Cheese Deli Sub Oven Bkd. Beans Sh. Lettuce/Tomato Slices Diced Pears Cheddar Sunchips
Week of... OCTOBER 23 - 27	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	BBQ Beef/ Bun Seasoned Green Beans Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	PK-3 Chicken Fries 4-12 Mand Orange Chicken Whipped Potatoes/Stirfry Veggies/Garden Blend Rice Pineapple Tidbits Cookie	Mr. Ribb/ Bun Oven Bkd. Fries Fresh Tomato Slices Broccoli Florets Applesauce	LiL Nacho Bites/Salsa Garbanzo beans Seasoned Corn Cauliflower Florets Diced Peaches
Week of... 30 - 31	Turkey Cheese Deli Sub Sh. Lettuce/Tomato Slices Cowboy Salsa Juicy Orange Wedges Bkd. Doritos	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Savory Black Beans Seasoned Rice Diced Pears	K-5 Mac & Cheese 6-12 Pasta Bar(meat,cheese alfredo sauce) SeasonCorn Carrots Brocc. Florets Crisp Apple Wedges Fresh Bkd. Dinner Roll	Hamburger w/ Bun Cheese Slice Oven Bkd. Fries Fresh Tomato/Cucumber Slices Applesauce	PK-3 Big Dad's CheeseStix 4-12 Italian Dunker Marinara Sauce Baby Carrots Seasoned Green Beans Diced Peaches
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.