



# October

# CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of... OCTOBER 1 - 5</b>	Breaded Mozzarella Stix Zesty Marinara Sauce Two Bean Salad Romaine Lettuce Diced Pears	Chicken Bacon Ranch Wrap 6-12 Flatbread/Cheese Lettuce/ Sl. Tomato Seasoned Corn Crisp Apple Wedges	Chili/Fritos Crisp Celery Stix Baby Carrots Banana Fresh Bkd. Cornbread/syrup	Crispy Chicken Drumstick Mashed Potatoes Fresh Broccoli Florets/dip Diced Peaches Fresh Bkd Dinner Roll	PK- 5 Max Pepperoni Pizza SL 6-12 St Crust Pepp pizza- Garbanzo Beans Capri Blend Vegetables Applesauce
<b>Week of... OCTOBER 8 - 12</b>	Crispy Chicken Pattie/Bun Seasoned Green Beans Baby Carrots Warm Cinn/Sugar Apples	Maidrite/ Bun Sliced or Cherry Tomatoes Oven Bkd. French Fries Rice Krispy Bar Diced Peaches	Tatertot Casserole Seasoned Corn Crunchy Baby Carrots Pineapple Tidbits Fresh Bkd Dinner Roll	Teriyaki Dippers Mashed Potatoes Fresh Broccoli Florets Juicy Orange Wedges 9-12 GardenRice Brownie	K-8 The Max CheesePizza 9-12 Four Cheese Pizza Two Bean Salad Key West Vegetables Applesauce
<b>Week of... OCTOBER 15 - 19</b>	State Fair Corndog Oven Bkd Beans Crunchy Baby Carrots Diced Pears	PK-3Chicken Fries 4-12Mand Orange Chicken Mashed Potatoes Stirfry Veg /4 -12 Rice Apple Wedges WG Cookie	Italian Pizza Pasta Bake Capri Blend Vegetables Fresh Broccoli Florets Juicy Orange Weges Fresh Bkd Dinner Roll	Super Nachos/ Tortilla Chip Cheese /Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Applesauce	Mr. Ribb/ Bun Sliced Tomatoes Oven Bkd Potato Wedges Diced Peaches
<b>Week of... OCTOBER 22 - 26</b>	Turkey Cheese Deli Sub Sh. Lettuce/Tomato Slices Cowboy Salsa Warm Cinn/Sugar Apples Sunchips	Hamburger / Bun Cheese Slice Potato Smiles Fresh Tomato Slices Diced Peaches	Chicken Noodle Soup Grilled Cheese Sand Crunchy Baby Carrots Crisp Celery Stix Apple Wedges	Popcorn Chicken 9-12 Bowl Mashed Potatoes/Gravy Seasoned Corn Juicy Orange Wedges Fresh Bkd. Roll	Chili Crispito/Cheese Lettuce/Tomatoes Seasoned Blk Beans Seasoned Rice 9-12 Pineapple Tidbits
<b>Week of... October 29 - November 2</b>	Breaded Chicken Nuggets Mashed Potatoes Baby Carrots Cinnamon Applesauce 6-12 Blueberry Muffin	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Seasoned Corn/Tomato Slice/Diced Peaches	Goulash Fresh Cauliflower Florets Fresh Broccoli Florets Sidekicks Boo Slushie Fresh Bkd Dinner Roll	Pig in a Blanket Oven Bkd Beans Crunchy Baby Carrots Crisp Apple Wedges	PK-3 Bosco Cheese Stick 4-12 Italian Dunker Zesty Marinara Sauce Seasoned Green Beans Crisp Radishes/Pears
<b>Menu is subject to change without notice.</b>					

### 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.