

October

2017

MIDWEST CENTRAL PRIMARY SCHOOL Lunch Menu



Farm Fresh Produce
featuring... **Pumpkin**
The carotenoids in pumpkins give them their orange color, just like with carrots!

	Monday	Tuesday	Wednesday	Thursday	Friday
2	PEPPERONI BAKE OR **CHICKEN NUGGETS CHEESY CAULIFLOWER FRUIT CHOICE	CHICKEN POT PIE OR BREADSTICKS W/CHEESE GLAZED CARROTS FRUIT CHOICE	4 WACKY WEDNESDAY *SAUSAGE PIZZA OR MEATBALL SUB OVEN FRIES FRUIT CHOICE	5 **SPAGHETTI W/MEAT SAUCE OR TURKEY & CHEESE WRAP STEAMY BROCCOLI FRUIT CHOICE	6 COOKIE TREAT WALKING TACO BOWL OR CHEF SALAD BAKED BEANS FRUIT CHOICE
9	NO SCHOOL COLUMBUS DAY	10 JOKE DAY TOASTED CHEESE SANDWICH OR BUFFALO CHICKEN SALAD CREAMY COLE SLAW FRUIT CHOICE	11 CHEESY GARLIC FLATBREAD OR PRETZEL W/MEAT & CHEESE GLAZED CARROTS FRUIT CHOICE	12 **MACARONI & CHEESE OR TACO WRAP MASHED POTATOES FRUIT CHOICE	13 COOKIE TREAT MINI CORN DOGS OR HAMBURGER PONY SHOE SEASONED BLACK BEANS FRUIT CHOICE
16	PIZZA DIPPERS OR CRISPY CHICKEN SALAD POTATO PUFFS FRUIT CHOICE	17 SPICY CHICKEN PATTY OR TOASTED CHEESE SANDWICH GLAZED CARROTS FRUIT CHOICE	18 WACKY WEDNESDAY CHEESE PIZZA OR TACO SALAD BLACK BEANS FRUIT CHOICE	19 SLOPPY JOE SANDWICH OR **LASAGNA SWEET CORN FRUIT CHOICE	20 COOKIE TREAT FRENCH TOAST STICKS W/*SAUSAGE PATTY OR CHEF SALAD MASHED POTATOES FRUIT CHOICE
23	CHILI CHEESE FRIES OR PEPPERONI CALZONE SEASONED PINTO BEANS FRUIT CHOICE	24 JOKE DAY SALISBURY STEAK OR PRETZEL W/MEAT & CHEESE STEAMY BROCCOLI FRUIT CHOICE	25 1/2 DAY EARLY DISMISSAL NO LUNCH SERVED	26 **MINI RAVIOLI OR BUFFALO CHICKEN WRAP GARDEN PEAS FRUIT CHOICE	27 NO SCHOOL PARENT / TEACHER CONFERENCES
30	PEPPERONI BAKE OR **CHICKEN NUGGETS CHEESY CAULIFLOWER FRUIT CHOICE	31 CHICKEN POT PIE OR BREADSTICKS W/CHEESE GLAZED CARROTS FRUIT CHOICE	Milk Offered Daily: w/meal or 35¢ a la carte Fat Free Flavored Fat Free White 1% White	Let's join Christopher Columbus on the Santa Maria & explore the New World!	MIDWEST CENTRAL IS PROVIDING LUNCH AT NO CHARGE TO ALL STUDENTS.

Available Daily

MONDAY
Cheeseburger

TUESDAY
Tacos

WEDNESDAY
Baked Chicken Patty

THURSDAY
Hot Dog

FRIDAY
**Popcorn Chicken

Daily Fresh Fruit & Veggie Bar
Students may choose
3 Vegetable Servings &
1 Fruit Serving

Need to top-up your child's account?

Send a check payable to
Midwest Central SD 191
OR
Go online at www.teacherease.com
& log into your student's account

Questions

Call Mary Hill
Food Service Manager
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.

A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.

For more information
or to "Ask the Dietitian",
check out our website!

(*) Contains Pork

(**) Served w/Bread Slice