



OCTOBER | 2017

George Long Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A) Cheese Bosco Stick B) Hot Dog on a Bun C) Salad Bar Smile Fries Romaine Salad Fruit Side Kicks Fruit and Vegetable Bar	3 A) Chicken Drumstick B) Mini corn Dog C) Salad Bar Mashed Potato w/Gravy Steamed Corn Whole Grain Biscuit Apple Slices w Caramel Dipping Cup Fruit and Vegetable Bar	4 A) Kellogg's Chocolate Chip French Toast B) Breakfast Pizza Potato Starz Fresh Banana Fruit and Vegetable Bar C) Salad Bar Fruit and Vegetable Bar	5 Chicken Fajita's (Chicken, Cheese, Peppers) B) Sloppy Joe on a Bun C) Salad Bar Mexican Rice Warm Churro Apple Slice s Fruit and Vegetable Bar	6 A) Big Daddy Pizza B) Chicken Tender C) Salad Ba Potato Oven Smiles Steamed Green Bean Sliced Peaches Fruit and Vegetable Bar
9 A) Orange Chicken B) Popcorn Chicken C) Salad Bar Asian Rice Stir Fry Vegetables Fortune Cookie Sliced Pears Fruit and Vegetable Bar	10 Walking Taco B) Chicken Patty on a Bun C) Salad Bar Romaine Side Salad Fruit Side Kicks Fruit and Vegetable Bar	11 A) Chicken Tenders B) French Bread Pizza C) Salad Bar Potato Oven Smiles Steamed Broccoli Sliced Peaches Fruit and Vegetable Bar	12 Warrior Breakfast Sand (Bagel, Egg, Cheese Bacon) B) Pancake on a Stick C) Salad Bar Sweet Potato Tots Fresh Banana Fruit and Vegetable Bar	13) Big Daddy Pizza B) Macaroni and Cheese C) Salad Bar Steamed Green Bean Sliced Peaches Fruit and Vegetable Bar
16 A Oven Fried Chicken Leg B) Chicken Nuggets C) Salad Bar Potato Smiles Steamed Carrots Applesauce Fruit and Vegetable Bar	17 Fruit and Vegetable A) Popcorn Chicken Bowl Whole wheat Roll B)WG Bosco Stuffed Crust Pizza C) Salad Bar Mashed Potatoes / Gravy Steamed Corn Mandarin Oranges Fruit and Vegetable Bar	18 A) Hot dog on WW bun B)WG Bosco stick/ Pizza sauce C) Salad Bar Baked Beans Baby carrots Fresh Fruit Bowl	19 A) Calzone B) Macaroni and Cheese C) Salad Bar Steamed Broccoli Mandarin Oranges Fruit and Vegetable Bar	20 A) Big Daddy Pizza B) Meatloaf Sandwich C) Salad Bar Steamed Riviera Blend Vegetables Fruit Side Kick Fruit and Vegetable Bar
23 No School	24 A) Pizza Bosco Stick B) Grilled Chicken Bites Steamed Broccoli Baked Beans Sliced Peaches Fresh and Vegetable	25 A) Chicken Cheese Quesadilla B Soft Shell Taco C) Salad Bar Mexican Rice Warm Churro Applesauce	26 A) Hot Dog on Bun B) Cheeseburger on Bun C) Salad Bar Smile Fries Romaine Salad Fruit Side Kicks Fruit and Vegetable Bar	27 A) Big Daddy Pizza B) Mini Corn Dogs C) Salad Bar Steamed Riviera Blend Vegetables Fruit Side Kick
30 A) Tangerine Chicken B) Popcorn Chicken C) Salad Bar Asian Rice Stri Fry Vegetables Fortune Cookie Sliced Pears Fruit and Vegetable Bar	31 A) Cheese Bosco Stick B) Grilled Chicken Bites C) Salad Bar Steamed Broccoli Baked Beans Sliced Peaches Fresh and Vegetable Bar			

News

Student Lunch cost \$2.60. Hot Lunch and Salad Bar includes a choice of Milk.

Students are required to take at least one serving of fruit or vegetable for lunch. Students are allowed to choose one serving each of all fruits and vegetables offered.

Ala Carte snacks can be purchased using your account inside the lunchroom.

Extra Milk/Juice - \$0.65
 Bottled Water - \$0.50
 Account or Cash Sale

USDA is an equal opportunity provider and employer.

If you received free or reduced benefits last year You will need to fill out a new application for this School Year 2017-18