

# OCTOBER



Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

**DUE Monday September 25**

| Monday 2  | Tuesday 3   | Wednesday 4                               | Thursday 5   | Friday 6 |
|---|---|---|--|----------|
| BBQ Beef Riblet on Whole Wheat Bun<br>Potato Wedges<br>Juice<br>Milk        | Chicken Stir Fry w/ Mixed Vegetables<br>Whole Wheat Roll<br>Juice<br>Milk | Pizza<br>Romaine Lettuce<br>Juice<br>Milk | Turkey & Cheese on a Wheat Wrap<br>Carrots<br>Juice<br>Milk                  |          |
| 9   | 10  | 11  | 12   | 13       |
| Hot Dog on a Whole Wheat Bun<br>Potato Wedges<br>Juice<br>Milk              | Macaroni and Cheese<br>Whole Wheat Roll<br>Green Beans<br>Juice<br>Milk   | Pizza<br>Romaine Lettuce<br>Juice<br>Milk | Beef and Cheese Nachos<br>Whole Grain Chips<br>Carrots<br>Juice<br>Milk      |          |
| 16  | 17  | 18  | 19   | 20       |
| Chicken Patty on a Whole Wheat Bun<br>Crispy Cube Potatoes<br>Juice<br>Milk | Chicken & Cheese Soft Taco<br>Carrots<br>Juice<br>Milk                    | Pizza<br>Romaine Lettuce<br>Juice<br>Milk | Italian Sub on a Whole Wheat Bun<br>White Bean Potato Salad<br>Juice<br>Milk |          |
| 23  | 24  | 25  | 26   | 27       |
| Hamburger on a Whole Wheat Bun<br>Baked Beans<br>Juice<br>Milk              | Mostacioli<br>Whole Wheat Roll<br>Green Beans<br>Juice<br>Milk            | Pizza<br>Romaine Lettuce<br>Juice<br>Milk | Beef and Bean Chili<br>Whole Wheat Crackers<br>Carrots<br>Juice<br>Milk      |          |
| 30  | 31  |   |  |          |
| Mini Turkey Corn Dogs<br>Baked Beans<br>Juice<br>Milk                       | Walking Taco<br>Carrots<br>Juice<br>Milk                                  | <b>HAPPY HALLOWEEN</b>                    |  |          |

**MERRITT  
ACADEMY  
PRE K  
2617-2618**

**LUNCH**

Provided by  
CJ's Catering & Food Service

This institution is an equal opportunity provider. All lunches include Milk, Fruits & or Vegetables, Bread or Bread Equivalent, Meat or Meat equivalent (Menu is subject to change)  
Milk Offered:  
Low Fat White

**Breakfast served  
7:15- 7:40 AM**

**Lunch: \$2.95  
Reduced: \$0.40**

# OCTOBER



Student: \_\_\_\_\_  
 Grade (MS): \_\_\_\_\_  
 Teacher (Elem): \_\_\_\_\_

**DUE Monday September 25th**

| Monday 2   | Tuesday 3   | Wednesday 4                                    | Thursday 5  | Friday 6   |
|--|---|--|---|--|
| BBQ Beef Riblet on Whole Wheat Bun<br>OR Turkey Cheese Wrap<br>Potato Wedges, Juice, Milk          | Chicken Stir Fry w/ Mixed Vegetables, Whole Wheat Roll<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Turkey & Cheese on a Wheat Wrap, Carrots<br>OR Italian Sub w/ Cream of Broccoli Soup<br>Apple, Milk                     | Chicken Nuggets<br>OR Chicken & Cheese Wrap<br>Baked Beans<br>Juice, Milk        |
| 9  | 10  | 11   | 12  | 13   |
| Hot Dog on a Whole Wheat Bun<br>OR Turkey & Cheese Wrap<br>Potato Wedges, Juice, Milk              | Macaroni and Cheese, Whole Wheat Roll, Green Beans<br>OR Ham & Cheese Wrap w/ Chicken Dumpling Soup<br>Pear, Milk   | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Beef and Cheese Nachos, Whole Grain Chips, Carrots<br>OR Italian Sub w/ Cream of Potato Soup<br>Apple, Milk             | Popcorn Chicken<br>OR Chicken & Cheese Wrap<br>Baked Beans<br>Juice<br>Milk      |
| 16   | 17  | 18   | 19  | 20   |
| Chicken Patty on a Whole Wheat Bun<br>OR Turkey & Cheese Wrap<br>Crispy Cube Potatoes, Juice, Milk | Chicken & Cheese Soft Taco, Carrots<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk                    | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Italian Sub on a Whole Wheat Bun, White Bean Potato Salad<br>OR Chef Salad w/ Creamy Chicken & Rice Soup<br>Apple, Milk | Chicken Tenders<br>OR Chicken & Cheese Wrap<br>Mixed Vegetables<br>Juice<br>Milk |
| 23   | 24  | 25   | 26  | 27   |
| Hamburger on a Whole Wheat Bun<br>OR Turkey & Cheese Wrap<br>Baked Beans, Juice, Milk              | Mostaciolim, Whole Wheat Roll, Green Beans<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk             | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Beef and Bean Chili, Whole Wheat Crackers, Carrots<br>OR Italian Sub w/ Cream of Broccoli Soup<br>Apple, Milk           | Chicken Nuggets<br>OR Chicken & Cheese Wrap<br>Mixed Vegetable<br>Juice, Milk    |
| 30   | 31  |  |   |  |
| Mini Turkey Corn Dogs<br>OR Turkey & Cheese Wrap<br>Baked Beans, Juice, Milk                       | Walking Taco, Carrots<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk                                  |  |   |  |

**MERRITT  
 ACADEMY  
 K THRU 3  
 2617-2618**

## LUNCH

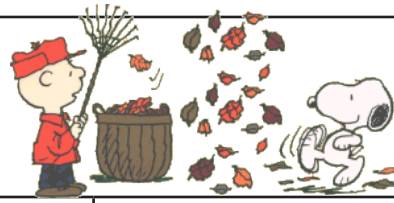
Provided by  
 CJ's Catering & Food Service

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**Breakfast served  
 7:15- 7:40 AM**

**Lunch: \$2.95  
 Reduced: \$0.40**

# OCTOBER



Student: \_\_\_\_\_

Grade: \_\_\_\_\_

**DUE Monday September 25th**

| Monday 2   | Tuesday 3   | Wednesday 4                                    | Thursday 5  | Friday 6  |
|--|---|--|---|---|
| BBQ Beef Riblet on Whole Wheat Bun<br>OR Turkey Cheese Wrap<br>Potato Wedges, Juice, Milk          | Chicken Stir Fry w/ Mixed Vegetables, Whole Wheat Roll<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Turkey & Cheese on a Wheat Wrap, Carrots<br>OR Italian Sub w/ Cream of Broccoli Soup<br>Apple, Milk                     | Chicken Nuggets<br>OR Chicken & Cheese Wrap<br>Baked Beans, Elf Graham Juice, Milk            |
| 9  | 10  | 11   | 12  | 13  |
| Hot Dog on a Whole Wheat Bun<br>OR Turkey & Cheese Wrap<br>Potato Wedges, Juice, Milk              | Macaroni and Cheese, Whole Wheat Roll, Green Beans<br>OR Ham & Cheese Wrap w/ Chicken Dumpling Soup<br>Pear, Milk   | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Beef and Cheese Nachos, Whole Grain Chips, Carrots<br>OR Italian Sub w/ Cream of Potato Soup<br>Apple, Milk             | Popcorn Chicken<br>OR Chicken & Cheese Wrap<br>Baked Beans, Pretzel Juice, Milk               |
| 16   | 17  | 18   | 19  | 20  |
| Chicken Patty on a Whole Wheat Bun<br>OR Turkey & Cheese Wrap<br>Crispy Cube Potatoes, Juice, Milk | Chicken & Cheese Soft Taco, Carrots<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk                    | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Italian Sub on a Whole Wheat Bun, White Bean Potato Salad<br>OR Chef Salad w/ Creamy Chicken & Rice Soup<br>Apple, Milk | Chicken Tenders<br>OR Chicken & Cheese Wrap<br>Mixed Vegetables, Cheese Crackers, Juice, Milk |
| 23   | 24  | 25   | 26  | 27  |
| Hamburger on a Whole Wheat Bun<br>OR Turkey & Cheese Wrap<br>Baked Beans, Juice, Milk              | Mostaciolim, Whole Wheat Roll, Green Beans<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk             | Pizza<br>Romaine Lettuce<br>Applesauce<br>Milk | Beef and Bean Chili, Whole Wheat Crackers, Carrots<br>OR Italian Sub w/ Cream of Broccoli Soup<br>Apple, Milk           | Chicken Nuggets<br>OR Chicken & Cheese Wrap<br>Mixed Vegetable, Elf Graham Juice, Milk        |
| 30   | 31  |  |   |   |
| Mini Turkey Corn Dogs<br>OR Turkey & Cheese Wrap<br>Baked Beans, Juice, Milk                       | Walking Taco, Carrots<br>OR Ham & Cheese Wrap w/ Chicken Noodle Soup<br>Pear, Milk                                  |  |   |   |

**MERRITT  
ACADEMY  
HIGH  
SCHOOL  
2017-2018**

## LUNCH

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**Breakfast served  
7:15- 7:40 AM**

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