

October 2017

CLOVERDALE ELEMENTARY & M. S.



MEAL PRICES

LUNCH: \$2.85

REDUCED: .40 CENTS

"MEAL MUST CONTAIN A FRUIT OR VEGETABLE"



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

"This institution is equal opportunity provider."



Monday

Big Daddy Pizza or Hotdog
Steamed Broccoli
Mandarin Oranges
Low-Fat Milk

2

Tuesday

Queso Nachos or Clover Thunder
B.B.Q. Pork Nachos
Buttered Corn
Fresh Apple
Low-Fat Milk

3

Wednesday

Kansas City Chili or Chicken
Noodles w/ PBJ
Cheese Curds
Celery Sticks w/ Dip
Banana
Low- Fat Milk

4

Thursday

Chicken Sandwich or B.B.Q.
Pulled Pork Sandwich
Buttered Carrots
Fresh Fruit
Low- Fat Milk

5

Friday

Cheese Burger or Corn Dog
Lima Beans
Mixed Fruit
Ice Cream LF
Low- Fat Milk

6

Big Daddy Pizza or Ham & Cheese Calzone
Buttered Carrots
Sliced Peaches
Low- Fat Milk

9

Chicken Taco or Beef Taco
Refried Beans
Fresh Fruit
Low- Fat Milk

10

Chicken Strips or Country Meatloaf
Mashed Potato w/Gravy
Green Bean
Whole Grain Bread
Banana
Low- Fat Milk

11

Cheese Burger or Corndog
Buttered Corn
Apple Sauce
Low- Fat Milk

12

Fish Sandwich or Chicken Sandwich
Green Romaine Salad
Ice Cream LF
Fresh Fruit
Low- Fat Milk

13

No School

16



No School

17



No School

18



No School

19



No School

20



B.B.Q. Pulled Pork Sandwich
Big Daddy Pizza
Steamed Broccoli
Peaches
Variety Milk

23

Beef Taco or Chicken Sandwich
Lima Beans
Apple Sauce
Low- Fat Milk

24

Kansas City Chili or Chicken
Noodles w/ PBJ
Celery Sticks w/ Dip
Banana
Low- Fat Milk

25

Cheeseburger or Coney Dog
Buttered Carrots
Fresh Fruit
Low- Fat Milk

26

Chicken Rings or Fish Sticks
WG Roll
Carrot Sticks w/ Dip
Fresh Fruit
Ice Cream LF
Low- Fat Milk

27

Big Daddy Pizza or Ham & Cheese Calzone
Lima Beans
Apple sauce
Low- Fat Milk

30

Queso Beef Nachos or Clover Thunder
B.B.Q. Pork Nachos
Buttered Corn
Fresh Apple
Low-Fat Milk

31

