



OCTOBER



SCHOOL LUNCH

WHAT'S COOKING?

Try One of our New Items This Month!

Recipe:

Street Taco—small open faced corn tortilla wrap with Choice of Chicken or Pork

Students build their own with toppings including lettuce, tomato, salsa, olives, cheese, and sour cream

Served with refried beans and corn



Street Taco



Quesadilla Pizza

Recipe:

Cheese Pizza Quesadilla— pizza shape Whole grain quesadilla dough filled with a blend of two cheeses, and a salsa style sauce.

Served with salsa and sour cream on the side



Try one of our new Side dishes this month

Kale Slaw—kale, cabbage and carrots in a cole-slaw dressing

Roasted Sweet potatoes

Zucchini sticks



Side Dishes



COME JOIN US!

FOR

NATIONAL SCHOOL LUNCH WEEK

October 15 - October 19 in the FRES and LCS Cafeterias

FRES and LCS are celebrating **National School Lunch Week** and we'd love it if you could join us! We invite families to come have lunch with your student during the week.

Space is limited.

Please contact Deb Roske (732-9283 or d.roske@sau63.org) before 9am to make a reservation.

Lots 2 Love Menu:

Monday: Shoestring Chicken
 Tuesday: Breakfast for Lunch
 Wednesday: Sal's Pizza
 Thursday: Hotdog Crescents
 Friday: Pasta with Meat Sauce

Lunch Times and Prices:

K (MacPherson):	11:00
K (Dane/McArdle):	11:25
1st Grade:	11:45
2nd Grade:	11:15
3rd Grade:	11:15
4th Grade:	12:15
5th Grade:	12:15

Adult Lunch: \$4.00
 Child Lunch: \$2.90

Want to send a "Lunch with Love" note to your student?
 Or to all of our students?

Email your message to Deb Roske. We'll be posting messages on our serve line for all students to see!



FROZEN FRIDAY

October Frozen Friday Menu *

10/12 —Chocolate Cup

10/19 —Strawberry Éclair Bar

10/26 —Vanilla Cup

*Menu subject to change based on availability *
 75¢ a la carte pricing for ALL students,
 Regardless of free/reduced status

Fruit of the Month: Apples!

About 2,500 known varieties of apples are grown in the United States.



More than 7,500 varieties are grown worldwide.

Get something good for your food dollar - with apples!



fruits & veggies
more matters.

For more information, visit
www.fruitsandveggiesmorematters.org

On the Menu this Month

Fresh Apple Slices

Warm Apple Slices

Apple Muffins