



Elementary Lunch Menu October

Mon

Tue

Wed

Thu


Fri



MADISON METROPOLITAN SCHOOL DISTRICT
FARM TO SCHOOL
PROJECT
Great Food, Great Schools

October is National Farm to School Month

We are featuring delicious, locally grown produce throughout the month in cooperation with REAP Food Group.

 Look for the barn for days we are serving local fruits & vegetables.

10/1
Chicken Fajita Tacos
Bean Salsa

Brunch Burrito—
Eggs, Turkey Ham,
Shredded Cheddar
Potato Circles

Tortilla Shells
Whole Apple

10/2
French Toast Sticks
Pork Sausage Links

Chef Salad—
Turkey, Turkey Ham,
Cubed Cheese,
Goldfish Ranch

Romaine Lettuce
Carrot Coins
Strawberries

10/5
Cheese Pizza  **V**

Grab & Go Lunch **V**—
Yogurt, String Cheese,
Muffin 

Broccoli & Carrots
Juice

10/6
Chicken Strips
Tater Tots

Taco Salad—
Beef, Shredded
Cheese, Lettuce

Orange Wedges
Tortilla Chips

10/7
Beef Hamburger
Carrots 

Hot Turkey Sandwich
Corn 

Hamburger Bun
Whole Apple 

10/8
Chicken Teriyaki
Brown Rice

Soy Butter & Jelly
Sandwich **V**

Yam Sticks
Peaches 

10/9
Chicken Nuggets
Green Beans

Spaghetti &
Meatsauce w/Beef
Crumbles

Garbanzo Beans
Pineapple Tidbits

10/12
Pancakes
Pork Sausage Links


Popcorn Chicken Salad
Breadstick


Romaine Lettuce
Strawberry Cup


10/13
Chicken Patty
Carrots 

Beef Sloppy Joe
Tater Tots


Hamburger Bun
Juice


10/14
Walkin' Beef Tacos
Corn 

Sweet Potato
Hummus **V**, Celery &
Baby Carrots 


Refried Beans 
Grapes
Fritos

10/15
Turkey Hot Dog
French Fries

Turkey Ham Deli
Sandwich
Baby Carrots 

Hot Dog Bun 
Banana

10/16
Mac & Trees **V**

Pork Franks & Beans 

Whole Apple
Veggie Juice
Smores

New! Get the daily menu on your phone!

Get the Nutrislice mobile app!

- View nutrition information for each food
 - See images and descriptions
- Visit our district's new menus site at



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Go to:

hrweb.madison.k12.wi.us/jobs

or call 204-4001



Elementary Lunch Menu October

Mon	Tue	Wed	Thu	Fri
10/19 Waffle Sticks Pork Sausage Links Grilled Cheese V Celery & Grape Tomatoes Applesauce	10/20 Fiesta Beef Nachos Tortilla Chips Italian Dunkers V Marinara Sauce Jicama Sticks Banana	10/21 Chicken Corn Puppies Tater Tots Baja Fish Sticks Breadstick Baby Carrots Coleslaw Pears	10/22 Chicken Nuggets Breadsticks Chicken & Bean Enchilada Bake Tortilla Chips Garbanzo Beans Whole Apple 	10/23 Cheese Pizza V Chicken Caesar Salad Goldfish Pretzels Romaine Lettuce Grape Tomatoes Juice
10/26 Beef Cheeseburger Sliders Chicken Alfredo Yam Sticks  Mandarin Oranges	10/27 Chicken Patty Tater Tots Italian Deli Sandwich — Turkey Ham, Turkey Pepperoni, Cheese Baby Carrots Hamburger Bun Craisins Peas 	10/28 Turkey Hot Dog French Fries Pork Rib Patty Baked Beans Banana Hot Dog Bun	10/29 Chicken Fajita Tacos Bean Salsa Brunch Burrito— Eggs, Turkey Ham, Shredded Cheddar Potato Circles Tortilla Shells Whole Apple 	10/30 French Toast Sticks Pork Sausage Links Chef Salad— Turkey, Turkey Ham, Cubed Cheese, Goldfish Ranch Romaine Lettuce Carrot Coins Strawberries 

Prices:

Breakfast: \$1.25, Reduced: Free Lunch: \$2.60 Reduced: .40
 Extra Milk: .50

Milk is included with all meals.

Make checks payable to Food & Nutrition. Pay for meals
 and check student's account online at

www.mypaymentsplus.com

Visit our website: <http://foodsvweb.madison.k12.wi.us>

Free & Reduced-price Meals

If your family qualifies for free or
 reduced-price meals you must
 reapply each school year.

Go to food.madison.k12.wi.us

Weekly Breakfast Cycle

Monday—Breakfast Pizza Bagel with Turkey Sausage
 Tuesday—Bagel & Cream Cheese
 Wednesday—Turkey Ham & Cheese Muffin
 Thursday—Trail Mix Bar
 Friday—Cinni Mini

Assorted Cereal & Graham Crackers Offered Daily

Included with breakfast is a choice of fruit or juice
 and a milk.

