



TREE FRUITS




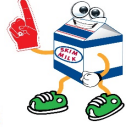
SIMPLY GOOD



Tonasket School District Elementary Menu

October 2016

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Nachos Chili Beans Peaches Milk Five Star Salad Bar French Toast Sticks & Fruit	4 Tater Tot Casserole Carrots Dinner Roll Milk Five Star Salad Bar Breakfast Burrito & Fruit	5 Pizza Green Beans Pineapple Milk Five Star Salad Bar Biscuit & Gravy w/ Fruit	6 Spaghetti Corn Multigrain Dinner Roll Milk Five Star Salad Bar Pancake on a Stick	7 Chicken Ranch Wrap Oven Fries Apple Milk Five Star Salad Bar Cereal & Fruit
Natl. School Lunch Week 10 Chicken Parmesan Honey Glazed Carrots Apple Slices Milk Five Star Salad Bar Waffles & Fruit	11 Turkey Gravy Mashed Potatoes Green Beans Milk Five Star Salad Bar Apple turnover & Fruit	12 Early Release Pizza Caesar Salad Pineapple Milk Five Star Salad Bar Pancakes & Fruit	13 Breakfast for Lunch Waffles Eggs/ Sausage Strawberries Milk Five Star Salad Bar Bacon Egg & Cheese Muffin	14 Cheese Burger Oven Fries Cookie Milk Five Star Salad Bar Cereal & Fruit
17 Burrito Veggie Beans Corn Milk Five Star Salad Bar French Toast Sticks & Fruit	18 Chicken Fettuccini Alfredo Peas Roll Milk Five Star Salad Bar Breakfast Burrito & Fruit	19 Pizza Green Beans Pineapple Milk Five Star Salad Bar Biscuit & Gravy w/ Fruit	20 Taco Salad Chili Beans Mandarin Oranges Milk Five Star Salad Bar Pancake on a Stick	21 Corn Dog Ranch Wedges Apple Milk Five Star Salad Bar Cereal & Fruit
24 Chili Mac Cornbread Peaches Milk Five Star Salad Bar Waffles & Fruit	25 Turkey Ala King Over a Biscuit Peas & Carrots Milk Five Star Salad Bar Apple turnover & Fruit	26 Early Release Pizza Caesar Salad Pineapple Milk Five Star Salad Bar Pancakes & Fruit	27 Cheesy Chicken & Rice Honey Glazed Carrots Multigrain Roll Milk Five Star Salad Bar Bacon Egg & Cheese Muffin	28 Chicken Nuggets Scalloped Potatoes Peas & Carrots/ Roll Milk Five Star Salad Bar Cereal & Fruit
Happy Halloween!  31 Cheese Zombie Tomato Soup Cookie Milk Five Star Salad Bar French Toast Sticks & Fruit	National School Lunch Week October 10 - 14   SCHOOL LUNCH SHOW YOUR SPIRIT! 			

Breakfast Prices: \$1.75 paid, \$0.00 reduced*, \$0.00 free*, \$2.50 Adults, **Lunch Prices:** \$2.75 paid, \$0.40 reduced*, \$0.00 free*, \$3.75 Adults

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You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (509)486-2126

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. **Questions? Call (509)486-2126.**