

OCTOBER 2021 North Cedar Elementary Lunch Menu

LUNCH



Weekly Specialty Options for all students:

Oct 1: Knight Bites
 Oct 4-8: Sub Sandwich
 Oct 11-14: Muffin and Yogurt
 Oct 18-22: Sub Sandwich
 Oct 25-29: Knight Bites



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Hamburger on WG Bun
 Cheese Slice, K, M, Pickle
 Onion, Baked Beans Chips
 Applesauce
 2 Fruits of Choice
 Vegetable Bar, Milk of Choice **1**

Hard Shell or Soft Shell
 Taco, Refried Beans, Salsa
 Sour Cream, Shredded Cheese
 Shredded Lettuce, Applesauce
 Peaches, Fruit of Choice
 Vegetable Bar, Milk of Choice **4**

Hot Ham & Cheese on WG
 Bun, Peas, Chips, K, M
 Applesauce, Pineapple
 Fruit of Choice
 Vegetable Bar
 Milk of Choice **5**

Cheese or Pepperoni
 Pizza
 Broccoli
 Applesauce, Sidekick Slushie
 Fruit of Choice, Vegetable Bar
 Milk of Choice **6**

Cavatelli
 Breadstick
 Green Beans, Parmesan Cheese
 Applesauce, Tropical Fruit
 Fruit of Choice, Vegetable Bar
 Milk of Choice **7**

Chicken Patty on WG Bun
 Oven Fries, K, M, BBQ, Honey
 Mustard, Applesauce
 2 Fruits of Choice
 Vegetable Bar
 Milk of Choice **8**

Sloppy Joes on WG Bun
 Tater Tots, Carrots, K, M
 Pickle, Onion
 Applesauce, Mandarin Oranges
 Fruit of Choice, Vegetable Bar
 Milk of Choice **11**

Taquitos
 Spanish Rice, Salsa, Sour Cream
 Cheese Sauce or Shredded Cheese
 Applesauce, Mandarin Oranges
 Fruit of Choice, Vegetable Bar
 Milk of Choice **12**

Chicken Drumstick
 Mashed Potatoes, Gravy
 Corn, Butter, WG Roll
 Applesauce, Pears, Fruit of Choice
 Vegetable Bar, Milk of Choice **13**

Mini Corn Dogs or
 Cheddarwurst on WG Bun
 Baked Beans, Chips, K, M, Onion
 Applesauce, 2 Fruit of Choice
 Vegetable Bar
 Milk of Choice **14**

No School **15**

Walking Tacos w/ Doritos
 Refried Beans, Salsa, Sour
 Cream, Shredded lettuce and
 Shredded Cheese, Applesauce
 Sidekick Slushie, Fruit of Choice
 Vegetable Bar, Milk of Choice **18**

Chicken Sticks
 Oven Fries
 K, M, BBQ, Honey Mustard
 Applesauce, Peaches
 Fruit of Choice, Vegetable Bar
 Milk of Choice **19**

BBQ Rib on WG Bun
 Baked Beans, Chips
 K, M, BBQ, Pickle
 Applesauce, Fruit Cocktail
 Fruit of Choice, Vegetable Bar
 Milk of Choice **20**

Homemade Chili
 Homemade Chicken Noodle Soup
 WG Cinnamon Roll, Saltine
 Crackers, Applesauce, Pears
 Fruit of Choice, Vegetable Bar
 Milk of Choice **21**

Cheese or Pepperoni Pizza
 Broccoli Normandy
 Applesauce
 2 Fruits of Choice
 Vegetable Bar
 Milk of Choice **22**

No School **25**

Totally Tacos
 Spanish Rice, Salsa, Sour Cream
 Applesauce, Mandarin Oranges
 Fruit of Choice
 Vegetable Bar
 Milk of Choice **26**

Chicken Tenders, K, M, BBQ
 Mashed Potatoes, Gravy
 Corn, Butter Pat
 Applesauce, Pears
 Fruit of Choice, Vegetable Bar
 Milk of Choice **27**

French Toast Sticks
 Sausage Links, Omelet
 Hash Brown Patty, Syrup, K, Salsa
 Applesauce, 100% Juice,
 Strawberries & Bananas, Vegetable
 Bar, Milk of Choice **28**

Chicken Bacon Club or
 BBQ Chicken on WG Bun
 Sweet Potatoes, Chips
 K, M, Pickle, Onion, BBQ
 Applesauce, 2 Fruits of Choice
 Vegetable Bar, Milk of Choice **29**