

OCTOBER 2024

North Cedar Elementary Lunch Menu

Weekly Specialty Entrée:
 Oct 1-4: Knight Bites
 Oct 7-10: Sub Sandwich
 Oct 15-18: Sea Dogs (Hot Dog on WG Bun)
 Oct 21-25: Turkey Bacon Wrap
 Oct 28-31: Muffin, Yogurt, String Cheese

Monday



Tuesday

Wednesday

Thursday

Friday

Salisbury Steak **1**
 Mashed Potatoes, Gravy
 Corn, B&B Sandwich
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Cavatelli Pasta **2**
 Cheese Stick
 Green Beans, Parmesan
 Cheese, Applesauce
 Pears, Sidekick Slushie
 Fresh Veggies
 Milk of Choice

Popcorn Chicken **3**
 Oven Fries
 Cake of Choice
 Applesauce
 Mandarin Oranges
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Hamburger on WG Bun **4**
 Bacon, Cheese Slice, Lettuce
 Tomato, Onion, Pickle
 Baked Beans, Chips, Italian
 Pasta Salad, Potato Salad
 Applesauce, 2 Fruits of Choice
 Fresh Veggies, Milk of Choice

Pepperoni or Cheese Pizza **7**
 California Vegetables
 Ice Cream
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Fajitas on Tortilla **8**
 Shell, Fiesta Beans, Shredded
 Cheese and Lettuce, Salsa
 Sour Cream, Grilled Peppers &
 Onions, Applesauce
 Pineapple, Fruit of Choice
 Fresh Veggies, Milk of Choice

Meatball Sub or Hot **9**
 Ham & Cheese on WG Bun
 Fries, Peas
 Applesauce, Tropical Fruit
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Patty or **10**
 Spicy Chicken Patty on WG Bun
 Carrots, Chips
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

11
 No School

14
 No School

Orange Chicken **15**
 Brown Rice/Fried Rice
 Broccoli, Fortune Cookie
 Graham of Choice
 Applesauce, Pineapple
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Nacho Chips Ahoy **16**
 (Beef Nachos), Refried Beans
 Salsa, Sour Cream, Shredded
 Cheese and Lettuce, Guacamole
 Queso, Applesauce, Treasure Chest
 Fruit Salad, Fruit of Choice, Fresh
 Veggies, Milk of Choice

Peg Legs **17**
 (Chicken Drumstick)
 Baked Potato, Broccoli, Cheese
 Sour Cream, Biscuit
 Applesauce, Fruit Cocktail
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Mac & Cheese Bites **18**
 Little Smokies
 Peas, Pumpkin Bars
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

BBQ Rib or Pulled Chicken **21**
 on WG Bun, Pickle
 Baked Beans, Tater Tots
 Applesauce, Mandarin Oranges
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Nuggets **22**
 Mashed Potatoes, Gravy
 Corn, B&B Sandwich
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Homemade Lasagna **23**
 Garlic Bread
 Green Beans, Parmesan
 Cheese, Applesauce
 Tropical Fruit, Fruit of Choice
 Fresh Veggies
 Milk of Choice

Beef and Cheese **24**
 Enchiladas, Spanish Rice
 Salsa, Sour Cream
 Applesauce, Froot Jooce Slushie
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Breaded Chicken Breast **25**
 Chips, Sweet Potatoes
 Pickle, Onion, Lettuce, Tomato
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

Chicken Strips **28**
 Party Potatoes
 Graham of Choice
 Applesauce, Pears
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Crispito **29**
 Spanish Rice, Salsa, Sour
 Cream, Shredded Cheese or
 Cheese Sauce, Applesauce
 Mandarin Oranges
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Roasted Chicken Wings **30**
 Onion Rings
 Tiger Grahams
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Mummy Cheddarwurst **31**
 or Hot Dog
 Baked Beans, Chips, Cookie
 Applesauce, Pineapple
 Fruit of Choice
 Fresh Veggies
 Milk of Choice



National School Lunch Week is Oct 14-18.

Theme is "School Lunch Pirates. Find Your Treasure."

"X marks the spot to eat school lunch." We invite you to eat lunch with your child for just \$5.00!