



October 2017

Elementary Lunch Empire, Fremont, Mark Twain

2
No School Professional Development Day

side items

3
Fish Sticks w./ Roll
Chicken Nuggets w/ Breadstick
Turkey Chef Salad w/ Roll

side items
Green Peas Grape Tomatoes
Garden Salad
Diced Peaches

4 National Taco Day
Crispy Beef Tacos
Hotdog on Bun
Ham Sandwich

side items
Campfire Beans
Fresh Cauliflower Garden Salad
Fresh Banana Diced Peas

5
Rotini w/ Meatsauce
Hamburger
Popcorn Chicken Salad

side items
Whole Kernel Corn
Celery Sticks Garden Salad
Applesauce

6
Pepperoni Pizza
Chicken Patty Sandwich
Ham & Cheese Wrap

side items
Fresh Cucumbers
Baby Carrots Garden Salad
Fresh Apple 100% Fruit Juice

9 National School Lunch Week
Chicken Drumstick w/ Roll
Hotdog on Bun
Make your Own Pepperoni
Pizza Bagel

side items
French Fries Fresh Broccoli
Garden Salad Mixed Fruit
Apple Slices

10 National School Lunch Week
Rotini w/ Meatsauce
Corn dog
Turkey Wrap

side items
Whole Kernel Corn
Garden Salad Grape Tomatoes
Diced Peaches

11 National School Lunch Week
BBQ Riblet Sandwich
Chicken Nuggets w/ Roll
All American Chef Salad w/ Roll

side items
Green Peas Fresh Cauliflower
Garden Salad Fresh Banana
Diced Peas

12 National School Lunch Week
Chicken Tacos
Hamburger
Turkey & Cheese Hoagie

side items
Refried Beans Celery Sticks
Garden Salad
Applesauce

13 National School Lunch Week
Pepperoni Pizza
Chicken Patty Sandwich
Ham Chef Salad w/ Roll

side items
Fresh Cucumbers Baby Carrots
Garden Salad Fresh Apple
100% Fruit Juice

16
Meatloaf w/ Roll
Chicken Tenders w/ Roll
Fruit & Cheese Plate w/ Bear
Grahams

side items
French Fries Grape Tomatoes
Garden Salad Mixed Fruit
Apple Slices

17
Sloppy Joe on Bun
Popcorn Chicken w/ Roll
Turkey & Cheese Sandwich

side items
Green Peas Fresh Cucumbers
Garden Salad
Diced Peaches

18
Spaghetti w/ Meatsauce
Spicy Chicken Patty Sandwich
All American Cobb Salad w/ Roll

side items
Whole Kernel Corn Celery Sticks
Garden Salad Fresh Banana
Diced Peas

19
Bean & Cheese Burrito
Hot dog on Bun
Ranch Chicken Salad w/ Roll

side items
Campfire Beans Baby Carrots
Garden Salad
Applesauce

20
Cheese Pizza
Fish Sandwich
Ham & Cheese Hoagie

side items
Fresh Broccoli
Fresh Cauliflower Garden Salad
Fresh Apple 100% Orange Juice

23
Chicken Drumstick w/ Roll
Meatball Sub
Chicken Chef Salad w/ Roll

side items
Whole Kernel Corn
Fresh Broccoli Garden Salad
Mixed Fruit Apple Slices

24
Grilled Cheese Sandwich
Cheeseburger
Ham & Cheese Sandwich

side items
Tater Tots Grape Tomatoes
Garden Salad
Diced Peaches

25
Tangerine Chicken w/ Brown
Rice
Chicken Nuggets w/ Bdstk
Turkey Chef Salad w/ Roll

side items
Green Peas Fresh Cauliflower
Garden Salad Fresh Banana
Diced Peas

26
Chicken Patty Sandwich
Corn dog
Make your Own Flatbread Pizza

side items
Campfire Beans Celery Sticks
Garden Salad
Applesauce

27
No School Nevada Day

side items

30
Salisbury Steak w/ Roll
Spicy Chicken Patty Sandwich
Chicken & Cheese Salad w/ Roll

side items
Green Peas Grape Tomatoes
Garden Salad Mixed Fruit
Apple Slices

31 Halloween
Popcorn Chicken w/ Roll
Meatball Sub
All American Cobb Salad w/ Roll

side items
Baby Carrots Fresh Cauliflower
Garden Salad
Diced Peaches Orange Sorbet

1
Chili Mac
Chicken Nuggets w/ Roll
Fruit & Cheese Plate w/ Bear
Grahams

side items
Whole Kernel Corn Celery Sticks
Garden Salad Fresh Banana
Diced Peas

2
Crispy Beef Tacos
Hotdog on Bun
Ham & Cheese Sandwich

side items
Kickin' Pinto Beans
Fresh Broccoli Garden Salad
Applesauce

3
Cheese Pizza
Hamburger
Turkey & Cheese Wrap

side items
French Fries Fresh Cucumbers
Garden Salad Fresh Apple
100% Orange Juice



Choose and Entree: Our featured hot entrée, a hot handheld favorite; and a salad or a sandwich
Take up to 3 sides:
Each meal includes: fresh varieties of fruit, and a healthful rotation of vegetables

Menu Subject to change

Additional Information

Meal Prices

Breakfast—\$1.50 Lunch \$2.75
NO charge for students at Empire and Mark Twain



Grain Choice

We use only heart-healthy whole grain breads and rolls



Milk Choice

1% low fat & unflavored/ flavored fat-free choices \$.50