



# October 2017

## Kindergarten Lunch Menu Empire, Fremont, Mark Twain

<b>2</b> No School Professional Development Day side items	<b>3</b> Chicken Nuggets w/ Breadstick Green Peas Diced Peaches side items	<b>4</b> Hotdog on Bun Garden Salad Fresh Banana side items	<b>5</b> Hamburger Celery Sticks Applesauce side items	<b>6</b> Cheese Pizza Baby Carrots 100% Fruit Juice side items
<b>9</b> Chicken Drumstick w/ Roll French Fries Mixed Fruit side items	<b>10</b> Rotini w/ Meatsauce Grape Tomatoes Orange Wedges side items	<b>11</b> Chicken Nuggets w/ Breadstick Green Peas Diced Pears side items	<b>12</b> Hamburger Garden Salad Applesauce side items	<b>13</b> Cheese Pizza Baby Carrots 100% Fruit Juice side items
<b>16</b> Meatloaf w/ Roll French Fries Mixed Fruit side items	<b>17</b> Popcorn Chicken w/ Roll Fresh Cucumbers Diced Peaches side items	<b>18</b> Spaghetti w/ Meatsauce Celery Sticks Diced Pears side items	<b>19</b> Bean & Cheese Burrito Baby Carrots Applesauce side items	<b>20</b> Cheese Pizza Fresh Broccoli 100% Orange Juice side items
<b>23</b> Chicken Drumstick w/ Roll Whole Kernel Corn Mixed Fruit side items	<b>24</b> Cheeseburger Grape Tomatoes Orange Wedges side items	<b>25</b> Tangerine Chicken w/ Brown Rice Green Peas Fresh Banana side items	<b>26</b> Corndog Celery Sticks Applesauce side items	<b>27</b> No School Nevada Day side items
<b>30</b> Salisbury Steak w/ Roll Grape Tomatoes Mixed Fruit side items	<b>31</b> Popcorn Chicken w/ roll Garden Salad Orange Wedges side items	<b>1</b> Chili Mac Celery Sticks Fresh Banana side items	<b>2</b> Hotdog on Bun Fresh Broccoli Applesauce side items	<b>3</b> Cheese Pizza Fresh Cucumbers 100% Orange Juice side items



**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