

# OCTOBER 2018

# SPENCER VAN-ETTEN

## MONDAY

**1**  
CHICKEN PATTY  
SERVED ON WHEAT  
ROLL,  
LETTUCE,TOMATO,DILL  
PICKLES SLICES  
STEAMED SPINACH  
TATER TOTS  
APPLE SAUCE

**8**  
COLUMBUS  
DAY!  
No SCHOOL

**15**  
CHICKEN SPEEDIES  
MARINATED CHICKEN  
BREAST MEAT  
SERVED ON A WHEAT  
ROLL  
SAUTE' SPINACH  
FRENCH FRIES

**22**  
SPAGHETTI  
WITH MARINARA SAUCE  
STEAMED SEASONED  
GREEN BEANS  
FIELD GREENS ITALIAN  
DRESSING  
WHOLE WHEAT DINNER  
ROLL

**29**  
LEMON GREEK CHICKEN  
CHICKEN 1/2'S BAKED  
WITH FRESH  
LEMON,GARLIC AND  
OREGANO  
ROASTED POTATO  
SEASONED STEAMED  
CORN  
WHEAT DINNER ROLL

## TUESDAY

**2**  
HOT  
TURKEY SANDWICH  
SERVED ON A SLICE OF  
WHEAT BREAD  
MASHED POTATOS  
GRAVY SEASONED CORN  
CRANBERRY SAUCE  
FRESH FRUIT SELECTION

**9**  
TACO TUESDAY  
SEASONED GROUND  
BEEF SERVED IN A  
CRISPY CORN SHELL  
LOADED WITH SHREDED  
LETTUCE,DICED  
TOMATOS,CHEDDAR  
CHEESE,SALSA,  
SOUSCREAM,MEXICAN  
BEANS

**16**  
SHEPHERD'S PIE  
SEASONED GROUND  
BEEF LAYERED WITH  
CORN AND MASHED  
POTATO  
SEASONED STEAMED  
CARROTS  
WHEAT DINNER ROLL

**23**  
FAJITA CHICKEN  
BONELESS SEASONED  
CHICKEN MEAT SERVED  
OVER STEAMED RICE  
MEDLEY OF MIXED  
VEGETABLES  
WHOLE WHEAT DINNER  
ROLL

**30**  
TACO TUESDAY  
SEASONED BEEF  
SERVED IN A CRISPY  
TACO CORN SHELL  
LOADED WITH  
SHREDED  
LETTUCE,DICED  
TOMATOS,CHEDDAR  
CHEESE,SALSA,SOUR  
CREAM MEXICAN BEAN

## WEDNESDAY

**3**  
HOT DOG SERVED ON  
WHEAT ROLL  
KETCHUP,MUSTARD,  
RELISH DICED RED  
ONIONS AT HIGH  
SCHOOL  
FRENCH FRIES  
RED SEEDLESS GRAPES

**10**  
PASTA AND SAUCE  
GARLIC TOASTED BREAD  
SEASONED GREEN  
BEANS  
OVEN ROASTED RED  
BLISS POTATOS  
FRESH FRUIT  
SELECTIONS

**17**  
BRUNCH LUNCH  
SCRAMBLED EGGS  
FRENCH TOAST STICKS  
SAUSAGE LINKS  
TATER TOTS  
SYRUP  
APPLE SAUCE

**24**  
BROILED HAMBURGERS  
SERVED ON A WHEAT  
ROLL  
FRENCH FRIES OR  
ONIONS RINGS AT HIGH  
SCHOOL  
LETTUCE,TOMATO,  
SLICED ONIONS  
FRESH FRUIT

**31**  
CHICKEN PATTY  
SERVED ON A WHEAT  
ROLL  
SHREDED  
LETTUCE,TOMATO,DILL  
PICKLES  
STEAMED  
SPINACH,TATER TOTS  
CANNED PEACHES

## THURSDAY

**4**  
BRUNCH LUNCH  
FRENCH TOAST STICKS  
SCRAMBLED EGGS  
SAUSAGE LINKS  
HOME FRIED POTATOS  
CANNED PEACHES IN  
EXTRA LITE SYRUP

**11**  
BBQ CHICKEN WITH  
ZESTY RED SAUCE  
STEAMED BROCCOLI  
TATER TOTS  
BANANA'S

**18**  
DELI DAY!  
SLICED TURKEY  
BREAST  
SLICED HAM  
EGG SALAD  
FRENCH FRIES  
PEACHES IN EXTRA LITE  
SYRUP

**25**  
STIR FRIED CHICKEN  
AND BROCCOLI  
IN OUR WOK  
STEAMED RICE  
CHOW MEIN NOODLES  
APPLE SAUCE

**DID YOU KNOW...**  
October comes from the Latin  
word "octo" which means eight.

## FRIDAY

**5**  
CHEESE  
OR  
PEPPERONI PIZZA  
STIR FRIED MEDLEY OF  
FRESH VEGETABLES  
PARSLIED BOILED  
POTATOS  
FRESH FRUIT  
SELECTIONS

**12**  
ALL AMERICAN GRILLED  
CHEESE  
CAMPBELLS TOMATO  
SOUP  
SWEET POTATO FRIES  
FRESH FRUIT  
SELECTIONS

**19**  
MACARONI AND CHEESE  
STEAMED PETITE PEAS  
HOMEMADE OAT BRAN  
BREAD  
FRESH FIELD GREENS  
WITH RANCH DRESSING  
CHOICE OF FRUIT  
SELECTIONS

**26**  
CHEESE PIZZA  
FRESH MADE CRUST  
STIR FRIED MEDLEY OF  
VEGETABLES  
CANNED PEARS IN  
EXTRA LITE SYRUP

## A La Carte

P&b JELLY SANDWICH  
FRESH SIDE SALADS  
VARIETY OF CONDIMENTS  
VARIETY OF FRESH FRUIT  
FRUIT IN LITE SYRUP  
100% WHOLE GRAIN  
BREAD AND ROLLS  
100% FRUIT JUICE  
TUE/THUR/ELEM/MIDDLE  
1% WHITE MILK,FAT FREE  
CHOCOLATE MILK  
SALAD BAR EVERY DAY  
AT THE HIGH SCHOOL

BREAKFAST	\$1.35
LUNCH ELEM	\$2.40
MS/HS	\$2.65
ADULTS	\$4.50

## School News

MON WAFFLES  
TUE: PANCAKE ON STICK  
WED: FRENCH TOAST STICKS  
& SAUSAGE  
THUR: BREAKFAST PIZZA  
FRI: SCRAMBLED EGGS  
Cold cereal available every  
day,granola bars,graham crackers

QUESTIONS,CONCERNS,SUGGES  
TIONS ALWAYS WELCOME  
MENU SUBJECT TO CHANGE  
WITH OUT NOTICE  
JERRY CARR FOOD SERVICE  
DIRECTOR HIGH SCHOOL  
589-7150 [JECARR@SVECS.D.ORG](mailto:JECARR@SVECS.D.ORG)  
Denise Presher Senior Food  
Service Cook High School  
Hope Munson Elementary  
Laura Barton Middle School