

October 2019

BONIFAY K - 8

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Sandwich
Fries
Lettuce/Tomato

1

Quesadilla
Corn
Side Salad w/ Ranch
Salsa

2

Chicken Egg Rolls
Oriental Rice
Side Salad w/Ranch

3

NO SCHOOL

4

Chicken Nuggets
Mashed Potatoes
Broccoli

7

Hamburger
Fries
Lettuce/Tomato

8

Beef Nacho
Tortilla Chips
Corn
Side Salad w/Ranch

9

Chicken Noodle
Peas & Carrots
Side Salad w/Ranch

10

Corn Dog
Mac & Cheese
Baked Beans
Carrots W/Ranch

11

Stuffed Crust Pizza
Side Salad w/ Ranch
Broccoli w/ Ranch

14

Chicken Sandwich
Fries
Lettuce/Tomato

15

Burrito
Corn
Side Salad w/ Ranch

16

Salisbury Steak
Mashed Potatoes
Green Beans
Roll

17

Chicken & Waffles
Baked Beans
Carrots w/ Ranch

18

Chicken Nuggets
Mashed Potatoes
Broccoli

21

Hamburger
Fries
Lettuce/Tomato

22

Taco Salad
Tortilla Chips
Corn
Lettuce

23

Cherry Blossom Chicken
Oriental Rice
Side Salad w/ Ranch

24

Hot Dog
Chips
Baked Beans
Carrots w/ Ranch

25

Stuffed Crust Pizza
Side Salad w/ Ranch
Broccoli w/ Ranch

28

Chicken Sandwich
Fries
Lettuce/Tomato

29

NO SCHOOL
FALL BREAK

30

NO SCHOOL
FALL BREAK

31

