



## Moline Elementary October 2017 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
A=	2 <b>Mini Corn Dog</b> Seasoned Corn Choice of 1% or Skim Milk	3 <b>Homemade Cheese Pizza</b> Seasoned Mixed Vegetables Choice of 1% or Skim Milk	4 <b>Popcorn Chicken Dinner Roll</b> Mashed Potatoes w/Gravy Choice of 1% or Skim Milk	5 <b>Grilled Ham &amp; Cheese Sandwich</b> Seasoned Peas Choice of 1% or Skim Milk	6 <b>Pepperoni &amp; Mozzarella Croissant</b> Roasted Carrot Fries Choice of 1% or Skim Milk
	9 <b>Macaroni &amp; Cheese w/Chicken Tenders</b> Steamed Green Beans Choice of 1% or Skim Milk	<b>Taco Tuesday!</b> 10 <b>Beef Walking Taco w/Scoops</b> Seasoned Corn Choice of 1% or Skim Milk	<b>Lucky Tray Day!</b> 11 <b>Chicken Patty on Bun</b> Homemade Baked Beans Choice of 1% or Skim Milk	<b>New Item!!!</b> 12 <b>Oven Fried Chix Drummy</b> Cinnamon Carrots Choice of 1% or Skim Milk	13 <b>Homemade Cheese Pizza</b> Tater Tots Choice of 1% or Skim Milk
	16 <b>Corn Dog</b> Fresh Roma Herb Seasoned Choice of 1% or Skim Milk	17 <b>Cheese Quesadilla</b> Seasoned Black Beans Choice of 1% or Skim Milk	18 <b>Half Day</b>	19 <b>No School</b>	20 <b>No School</b>
	23 <b>Spaghetti w/Meatballs</b> Seasoned Peas & Carrots Choice of 1% or Skim Milk	<b>Taco Tuesday!</b> 24 <b>Chicken &amp; Cheese Soft Taco</b> Seasoned Vegetarian Refried Beans Choice of 1% or Skim Milk	<b>Lucky Tray Day!</b> 25 <b>Cinnamon Rolls w/ Egg Omelet</b> Hashbrowns Choice of 1% or Skim Milk	26 <b>Sloppy Joe on Bun</b> Corn on the Cob Choice of 1% or Skim Milk	27 <b>Homemade Pepperoni Pizza</b> Sweet Potato Puffs Choice of 1% or Skim Milk
<b>DAILY ALTERNATES</b>					
B=	<b>BYO Cheeseburger on Bun</b>	<b>Bosco Sticks</b>	<b>Pancakes &amp; Sausage</b>	<b>Chicken Nuggets with Dinner Roll</b>	<b>Hot Dog on Bun</b>
C=	<b>Chocolate Chip Muffin &amp; Goldfish Fun Lunch</b>	<b>Pretzel &amp; Sunbutter Fun Lunch</b>	<b>Apple Cinnamon Smoothie w/Cinnamon Breadstick</b>	<b>Deli Slider Fun Lunch</b>	<b>Cereal, Yogurt &amp; String Cheese Fun Lunch</b>
D=	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>
<b>Choose With Any Meal!</b>					
	Fresh Broccoli	Fresh Celery Sticks	Caesar Salad	Fresh Cherry Tomatoes	Sugar Snap Peas
	Hearty Wild Green Salad	Fresh Carrots	Homemade Baked Beans	Fresh Cucumbers	Hearty Wild Green Salad
	Mandarin Oranges	Chilled Peaches	Rosy Applesauce	Chilled Pineapple Tidbits	Chilled Pears
	Fresh Apple	Fresh Grapes	Fresh Watermelon	Fresh Banana	Fresh Orange Wedges

**School Foodservice Information:**

Lunch Price: \$2.60 paid, \$.40 reduced, free (if qualified)

No advance registration necessary! All students are welcome every day!

**Scott Larson, Director of Dining Services**

larsons@waylandunion.org

269-792-3150 X2611

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

**Our guidelines:**

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to [www.EatLearnLive.com](http://www.EatLearnLive.com)

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USDA is an equal opportunity provider and employer.

**ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. \*Milk choices include 1% white, skim strawberry and skim chocolate.**