



October 2018

Elementary Lunch Empire, Fremont, Mark Twain

<p>1 Professional Development Day</p> <p><i>side items</i></p>	<p>2 BBQ Chicken Sandwich Chicken Tenders w/ Roll Turkey Sub</p> <p><i>side items</i> Roasted Cauliflower Cucumbers Garden Salad Sliced Apples Diced Pears</p>	<p>3 Penne w/ Meatsauce Italian Dunkers w/ Marinara All American Sandwich</p> <p><i>side items</i> Green Beans Celery Sticks Garden Salad Fresh Banana Diced Peaches</p>	<p>4 National Taco Day Crispy Chicken Tacos w/ Mexican Rice Hotdog on Bun Chicken Chef Salad w/ Roll</p> <p><i>side items</i> Campfire Beans Baby Carrots Garden Salad Applesauce Fresh Orange</p>	<p>5 Cheese Pizza BBQ Riblet Sandwich Sunbutter & Jelly Sandwich</p> <p><i>side items</i> Whole Kernel Corn Fresh Broccoli Garden Salad Fresh Apple 100% Orange Juice</p>
<p>8 Loaded Cheeseburger Sandwich Corndog Ham & Cheese Sandwich</p> <p><i>side items</i> Whole Kernel Corn Baby Carrots Garden Salad Orange Wedges Mixed Fruit</p>	<p>9 Grilled Cheese Chicken Nuggets w/Roll Turkey & Cheese Wrap</p> <p><i>side items</i> Green Beans Cucumbers Garden Salad Apple Slices Diced Pears</p>	<p>10 Tangerine Chicken w/ Rice Hamburger Chicken Cheese Salad w/ Roll</p> <p><i>side items</i> Steamed Broccoli Fresh Cauliflower Garden Salad Fresh Banana Diced Peaches</p>	<p>11 Meatball Sub Boneless Wings w/ Roll All American Sandwich</p> <p><i>side items</i> Campfire Beans Celery Sticks Garden Salad Applesauce Fresh Orange</p>	<p>12 Pepperoni Pizza Chicken Patty Sandwich Turkey & Cheese Sandwich</p> <p><i>side items</i> Baby Carrots Cucumbers Garden Salad Fresh Apple 100% Orange Juice</p>
<p>15 Breaded Drumstick w/ Roll BBQ Riblet Sandwich Chicken Chef Salad w/ Roll</p> <p><i>side items</i> Mashed Potatoes Grape Tomatoes Garden Salad Orange Wedges Mixed Fruit</p>	<p>16 Italian Dunkers w/ Marinara Hotdog on Bun Make Your Own Flatbread Pizza</p> <p><i>side items</i> Roasted Carrots Fresh Cauliflower Garden Salad Apple Slices Diced Pears</p>	<p>17 Birthday Celebration Mini Confetti Pancakes w/ Sausage Patties Chicken Tenders w/ Roll Sunbutter & Jelly Sandwich</p> <p><i>side items</i> Tater Tots Celery Sticks Garden Salad Fresh Banana Diced Peaches</p>	<p>18 Chicken & Chili Taquitos Spicy Chicken Sandwich Turkey Sandwich</p> <p><i>side items</i> Kickin' Pintos Baby Carrots Garden Salad Applesauce Fresh Fruit</p>	<p>19 Cheese Pizza Hamburger Ham & Cheese Sub</p> <p><i>side items</i> Baby Carrots Cucumbers Garden Salad Fresh Apple 100% Orange Juice</p>
<p>22 French Toast Sticks w/ Sausage Patties Turkey & Cheese Sub</p> <p><i>side items</i> Tater Tots Fresh Broccoli Garden Salad Orange Wedges Mixed Fruit</p>	<p>23 Penne w/ Meatsauce Loaded Cheeseburger Mozzarella & Cheddar Salad w/ Roll</p> <p><i>side items</i> Green Beans Baby Carrots Garden Salad Apple Slices Diced Pears</p>	<p>24 Italian Dunkers w/ Marinara Corndog Make Your Own Pepperoni Pizza Bagel</p> <p><i>side items</i> Whole Kernel Corn Garden Salad Fresh Cauliflower Fresh Banana Diced Peaches</p>	<p>25 Fish Bites w/ Roll Chicken Nuggets w/ Roll All American Wrap</p> <p><i>side items</i> Kickin' Pintos Celery Sticks Garden Salad Applesauce Fresh Orange</p>	<p>26 Nevada Day No School</p> <p><i>side items</i></p>
<p>29 Breaded Drumstick w/ Roll Cheeseburger Ham Sandwich</p> <p><i>side items</i> Mashed Potatoes Fresh Broccoli Garden Salad Orange Wedges Mixed Fruit</p>	<p>30 Spaghetti w/ Meatballs Boneless Wings w/ Roll Egg Chef Salad w/ Roll</p> <p><i>side items</i> Green Beans Baby Carrots Garden Salad Apple Slices Diced Pears</p>	<p>31 Halloween Screamin Chicken & Chili Taquitos Bean & Cheese Boo-Burrito Fruit & Cheese Plate w/ Roll</p> <p><i>side items</i> Whole Kernel Corn Cucumbers Garden Salad Fresh Banana Diced Peaches Spooky Sundae Cup</p>	<p><i>side items</i></p>	<p><i>side items</i></p>



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 \$2.85
 NO charge for students at Empire



Grain Choice

We use only heart-healthy whole grain breads and rolls



Milk Choice

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