

ARAB ELEMENTARY SCHOOL

*Choice of Milk Offered Daily: 1%, Skim, 1% Chocolate or Strawberry

OCTOBER LUNCH MENU

*Fresh or Canned Fruit Offered Daily



			10-1-09	10-2-09
			Pizza Corn Toss Salad Fruit Milk	BBQ Sandwich Potato Rounds California Vegetables Fruit Milk
10-5-09	10-6-09	10-7-09	10-8-09	10-9-09
<u>Breakfast for Lunch</u> Eggs, Ham, Pancakes w/Syrup Potato Wedges Cinnamon Apples Milk	Sub Sandwich Stacked Salad Dill Spear Fries Fruit Milk	Chicken Nuggets/Roll Cream Potatoes Green Beans Fruit Milk	Pizza Corn Garden Salad Fruit Milk	Hot Dog Chips Baked Beans Fruit Milk

10-12-09 to 10-16-09



10-19-09	10-20-09	10-21-09	10-22-09	10-23-09
Chicken Sandwich Stacked Salad Fries Fruit Milk	<u>Breakfast for Lunch</u> Biscuits & Gravy Sausage, Eggs Tater Tots Cinnamon Apples Milk	Soft Taco Pinto Beans Salsa/Sour Cream Fruit Milk	Pizza Toss Salad Corn Fruit Milk	Cheeseburger Sun Chips Baked Beans Veggie Cup Fruit Milk
10-26-09	10-27-09	10-28-09	10-29-09	10-30-09
Chicken Tenders Cream Potatoes Green Beans Fruit Milk	BBQ Sandwich Fries Green Peas Fruit Milk	Chili w/Crackers Cheese Toast Slaw Fruit Milk	Pizza Salad Corn Fruit Milk	Chicken Quesadilla Salsa Mexican Beans Corn Fruit Milk

*****SUBSTITUTIONS MAY OCCUR DUE TO DELIVERY SHORTAGES*****



PLEASE REMEMBER TO SEND LUNCH MONEY:

Paid lunch: \$2.00 daily \$10 weekly \$34 October (17 days)
 Reduced lunch: 40¢ daily \$2 weekly \$6.80 October (17 days)

***Second Entrée Offered Daily at Arab Jr. High School & Arab High School
 ***Lunch Includes: Entrée, (1) Bread, (2) Vegetables, (1) Fruit & (1) Milk