

October 2018

Homer Community School

LUNCH



PRICES ADULTS: \$3.50
MILK: .50
MS/HS: \$2.65
ELEMENTARY: \$2.45



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
ELEMENTARY LUNCH



Monday

CHEESE CALZONE **1**
OVEN ROASTED CAULIFLOWER
FRUIT & VEGETABLE CHOICE
MILK

Tuesday

WG WALKING TACO **2**
REFRIED BEANS
FRUIT & VEGETABLE CHOICE
MILK

Wednesday

WG CHICKEN NUGGETS **3**
MASHED POTATOES WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

Thursday

SPAGHETTI W/MEAT SAUCE W/BREADSTICK **4**
GREEN BEANS
FRUIT & VEGETABLE CHOICE
MILK

Friday

WG TONY'S PIZZA **5**
BAKED BEANS
FRUIT & VEGETABLE CHOICE
MILK

WG BOSCO STICKS **8**
CORN
FRUIT & VEGETABLE CHOICE
MILK

WG NACHOS W/MEAT & CHEESE **9**
SPICED PINTO BEANS
FRUIT & VEGETABLE CHOICE
MILK

CHILI W/WG CHEESE BUNS **10**
MIXED VEGETABLES
FRUIT & VEGETABLE CHOICE
MILK

CHICKEN PARMESANW/SPAGHETTI **11**
GREEN BEANS/GARLIC TOAST
FRUIT & VEGETABLE CHOICE
MILK

WG TONY'S PIZZA **12**
BROCCOLI
FRUIT & VEGETABLE CHOICE
MILK

RAVIOLI W/WG ROLL **15**
MIXED VEGETABLES
FRUIT & VEGETABLE CHOICE
MILK

WG CHICKEN FAJITAS **16**
BLACK BEANS & RICE
FRUIT & VEGETABLE CHOICE
MILK

POPCORN CHICKEN WG DINNER ROLL **17**
MASHED POTATOES
FRUIT & VEGETABLE CHOICE
MILK

HOT DOG ON WG BUN **18**
FRENCH FRIES
FRUIT & VEGETABLE CHOICE
MILK

WG TONY'S PIZZA **19**
CARROTS
FRUIT & VEGETABLE CHOICE
MILK

CHICKEN TENDERS **22**
AUGRATIN POTATOES /WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

BEAN & CHEESE QUESADILLA **23**
REFRIED BEANS
FRUIT & VEGETABLE CHOICE
MILK

MACARONI & CHEESE **24**
MIXED VEGETABLE ,WG ROLL
FRUIT & VEGETABLE CHOICE
MILK

HOT HAM & CHEESE SANDWICH **25**
ROASTED CALIFORNIA BLEND
FRUIT & VEGETABLE CHOICE
MILK

WG TONY'S PIZZA **26**
BROCCOLI
FRUIT & VEGETABLE CHOICE
MILK

FRENCH TOAST W/SAUSAGE **29**
TRI TATARS
FRUIT & VEGETABLE CHOICE
MILK

WG TACOS **30**
MEXICAN CORN
FRUIT & VEGETABLE CHOICE
MILK

CHICKEN NUGGETS **31**
FRENCH FRIES W/G COOKIE
FRUIT & VEGETABLE CHOICE
MILK

