

**ROSEDALE ELEMENTARY CHARTER SCHOOL
OCTOBER 2017 MENU**

<p>10/2 Pepperoni and Cheese Sandwich <i>Bacon Cheeseburger</i> Sweet Potato Fries Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/3 Chicken Basket with Biscuit <i>Hot Dog</i> <i>Bagel Boat</i> Corn Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/4 Chicken Nuggets w/ Roll <i>Mac & Cheese w/Roll</i> Sautéed Spinach Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/5 Beef Enchiladas <i>General Tso's Chicken</i> <i>with Rice</i> Refried Beans Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/6 Round Galaxy Pizza <i>Meatball Parm Sub</i> Celery with Hummus Dip Spinach Tossed Salad Fresh fruit and fruit cup</p>
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Weekly: Ham & Cheese Sandwich Turkey Club Salad

<p>10/9 NO SCHOOL What is a Lunch? Fruit, Vegetable, Grain, Protein & Dairy Choose at least 3 Including: - ½ cup fruit or vegetable - At least 2 other food</p>	<p>10/10 Sloppy Joe Sandwich <i>Grilled Ham & Cheese</i> <i>Pretzel Melt</i> <i>Cereal Boat</i> Waffle Fries Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/11 Pasta with Meatballs & Breadstick <i>Chicken Patty</i> Broccoli Bites Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/12 Walking Nachos w/Rice <i>Hot Turkey Sandwich</i> Three Bean Salad Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/13 French Bread Pizza <i>BBQ Chicken Sandwich</i> Cucumber Slices Romaine Tossed Salad Fresh fruit and fruit cup</p>
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Weekly: Tuna Salad Sandwich Crispy Chicken Caesar Salad

<p>10/16 Cheese Quesadilla <i>Pretzel Burger</i> Cross Trax Sweet Potato Fries Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/17 Crispy Chicken Bowl With Roll <i>Mini Corn Dog w/Roll</i> <i>Cheese & Cracker Box</i> Mashed Potatoes Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/18 Baked Ziti with Breadstick <i>Grilled Chicken Sandwich</i> Sautéed Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/19 Jumbo Popcorn Chicken With Roll <i>Tiger Cub Burger</i> Vegetarian Refried Beans Spinach Tossed Salad Fresh fruit and fruit cup</p>	<p>10/20 Tony's Pizza <i>BBQ Rib Sandwich</i> Steamed Green Beans Spinach Tossed Salad Fresh fruit and fruit cup</p>
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Weekly: Chicken Caesar Wrap Chef Salad

<p>10/23 Breakfast for Lunch Egg & Cheese Bagel <i>Cheeseburger on Bun</i> Glazed Carrots Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/24 Chicken Tenders with Breadstick <i>Potato Skins with Bacon and Cheese</i> Corn Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/25 Cheese Ravioli with breadstick <i>Chicken Parm Sandwich</i> Steamed Broccoli Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/26 Chicken & Waffles <i>Salisbury Steak</i> Three Bean Salad Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/27 French Bread Pizza <i>Texas Toast Grilled Cheese</i> Green Pepper Strips Romaine Tossed Salad Fresh fruit and fruit cup</p>
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Weekly: Italian Sub Grilled Chicken Salad

<p>10/30 Breakfast for Lunch French Toast Sticks Sausage <i>Pizza Burger</i> Sweet Potato Bites Romaine Tossed Salad Fresh fruit and fruit cup</p>	<p>10/31 Poppin' Popcorn Chicken with Roll <i>Hot Dogs</i> <i>Yogurt Boat</i> Baked French Fries Romaine Tossed Salad Fresh fruit and fruit cup</p>			
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Weekly: Turkey & Cheese Sandwich Garden Salad with Cheese

Menu subject to change. USDA is an equal opportunity provider and employer.