



October Lunch Menu



Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

Thursday

Friday

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>2</p> <p>Hamburger or Cheeseburger OR</p> <p>BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Green Beans, Fresh Baby Carrots, Pineapple Tidbits</p> | <p>3</p> <p>Soft Shell Tacos w/ Lettuce, Salsa Tomatoes, Cheese, Sour Cream OR</p> <p>Beef and Bean Burrito Refried Beans, Corn Niblets Diced Pears</p> | <p>4</p> <p>Mini Corn Dogs OR</p> <p>Quesadilla Pizza Baked Potato Wedges Steamed Peas, Cucumber Slices Mixed Fruit</p> | <p>5</p> <p>Tony's Pepperoni Pizza OR</p> <p>Sweet and Sour Chicken over Brown Rice, Salad with Choice of Dressings, Cherry Tomatoes, Fresh Cauliflower, Strawberries & Bananas</p> | <p>6</p> <p>Chicken Nuggets w/ Breadstick OR</p> <p>Sloppy Joe on a Whole Grain Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Dried Cranberries</p> |
| <p>9</p> <p>WG Pancakes w/ Cheese Omelet OR</p> <p>Grilled Chicken Patty on WG Bun Hashbrowns Steamed Cauliflower Cucumber Slices Raisins, Orange Juice</p> | <p>10</p> <p>Gilardi's Cheese Pizza OR</p> <p>Spaghetti & Meatballs w/ WG Roll Salad with Choice of Dressings *Celery w/ PB, Mixed Veggies Chilled Pears</p> | <p>11</p> <p>Salisbury Steak w/ WG Roll OR</p> <p>Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies (& Squash-HS Fresh Brocc & Mandarin Oranges</p> | <p>12</p> <p>Cheese Stuffed Pizza Dippers OR</p> <p>Hot Dog or Chili Dog on WG Bun Salad with Choice of Dressings Cherry Tomatoes, Ital. Blend Veg. Diced Apricots</p> | <p>13</p> <p>Breaded Chicken Patty on Bun OR</p> <p>Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries</p> |
| <p>16</p> <p>WG Waffle Stick with Omelet OR</p> <p>Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Fruit Cocktail</p> | <p>17</p> <p>Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR</p> <p>Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Strawberries</p> | <p>18</p> <p>Grilled Chicken Patty on WG Bun OR</p> <p>Hamburger or Cheeseburger Potato Triangles Steamed Broccoli, Tomato Slices Cinnamon Apple Slices</p> | <p>19</p> <p>Beef Stroganoff over Whole Grain Pasta w/ WG Breadstick OR</p> <p>Hot Dog on a Whole Grain Bun Green Beans, Fresh Cauliflower Red & Green Peppers & Grapes</p> | <p>20</p> <p>BBQ Meatball Sub on WG Bun OR</p> <p>Breaded Chicken Nuggets w/Roll Chicken Flavored Brown Rice Steamed Peas, Tomato & Corn Salad, Applesauce</p> |
| <p>23</p> <p>Pizza Burger on Whole Grain Bun OR</p> <p>Chicken Rings w/ WG Roll Crispy Tater Tots Baked Beans, Cherry Tomatoes Tropical Fruit Cup</p> | <p>24</p> <p>Creamy Chicken Alfredo over Whole Grain Pasta w/ Breadstick OR</p> <p>Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Caulif. & Chilled Peaches</p> | <p>25</p> <p>State Fair Corn Dog OR</p> <p>*PB&J Uncrustables Campbell's Tomato Soup Fresh Baby Carrots, Green Beans Pasta Salad & Applesauce Cups</p> | <p>26</p> <p>No School</p> | <p>27</p> <p>No School</p> |
| <p>30</p> <p>Beef Ravioli with WG Roll OR</p> <p>Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Stix & Baby Carrots Pineapple Tidbits</p> | <p>31</p> <p>Egg, Ham & Cheese on a Bun OR</p> <p>Stuffed Crust Pizza Sweet Potato Fries, Edamame (soy beans), Corn & Tom. Salad Red Delicious Apple</p> | <p>Elementary Lunches for Oct.: 20 days x \$2.60 = \$52.00</p> <p>MS & HS Lunches for Oct.: 20 days x \$2.85 = \$57.00</p> | <p>To the best of our knowledge, items containing peanuts are marked with an *.</p> <p>This institution is an equal opportunity provider.</p> | <p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White</p> <p>Menu subject to change without notice.</p> |