

OCTOBER | 2020



Jefferson & Kennedy Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1 Cheeseburger Gold Fish Crackers Baked Beans Sliced Pears Variety of Milk Alt: Chicken Nuggets	2 NO SCHOOL
5 Chicken Tenders Dinner Roll Baked Fries Green Beans Mixed Fruit Variety of Milk Alt: Cheese Pizza	6 Nacho Supreme Shredded Romaine Refried Beans Applesauce Variety of Milk Alt: Yogurt Plate	7 Pepperoni Pizza Sliced Carrots Pineapple Variety of Milk Alt: Hot Dog on WG Bun	8 Italian Spaghetti WG Garlic Toast Romaine/Spinach Salad Sliced Peaches Variety of Milk Alt: Chicken Nuggets	9 Deli Ham & Cheese Sandwich Fresh Broccoli & Celery Fruit Cup Fruit Roll Up Variety of Milk * NO ALTERNATE*
12 Shredded Pork BBQ Sauce Sweet Potato Fries Baked Beans Warm Apple Slices** Variety of Milk Alt: Cheese Pizza	13 Mozzarella Cheese Sticks Marinara Sauce Broccoli Strawberry Cup Variety of Milk Alt: Yogurt Plate	14 Big Daddy's Pizza California Blend Vegetables Mixed Fruit Variety of Milk Alt: Hot Dog on WG Bun	15 Turkey Gravy w/ Mashed Potatoes WG Biscuit Corn Diced Pears Variety of Milk Alt: Chicken Nuggets	16 Combo Sub Sandwich Baby Carrots Fresh Fruit WG Cookie Variety of Milk *NO ALTERNATE*
19 Chicken Smackers Dinner Roll Potato Rounds Green Beans Diced Peaches Variety of Milk Alt: Cheese Pizza	20 Soft Shelled Tacos Shredded Romaine Shredded Cheese Refried Beans Pineapple Variety of Milk Alt: Yogurt Plate	21 Calzone Mixed Vegetables Sliced Pears Variety of Milk Alt: Hot Dog on WG Bun	22 Macaroni & Cheese WG Pretzel Roll Steamed Peas Applesauce Variety of Milk Alt: Chicken Nuggets	23 Turkey & Cheese Deli Sandwich Fresh Celery Fruit Cup Animal Cookies Variety of Milk *NO ALTERNATE*
26 Homemade Goulash WG Breadstick Steamed Corn Mixed Fruit Variety of Milk Alt: Cheese Pizza	27 Chicken Tacos Shredded Romaine Shredded Cheese Fiesta Bean Bake Fresh Fruit Variety of Milk Alt: Yogurt Plate	28 Cheese Filled Breadsticks Pizza Dipping Sauce Broccoli Diced Pears Variety of Milk Alt: Hot Dog on WG Bun	29 Chicken Drumstick WG Dinner Roll w/ Mashed Potatoes & Gravy Sliced Carrots Banana Variety of Milk Alt: Chicken Nuggets	30 Ham & Cheese Sub Fresh Broccoli & Carrots Fresh Fruit Mini Rice Krispie Treat Variety of Milk *NO ALTERNATE*

News

Elementary Prices
Full Paid Lunch - \$2.40
Reduced Lunch - \$.40
Adult Lunch \$3.75

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact
Keri Carlson
231-398-3695
kcarlson@manistee.org

Condiments may include:
Low Fat/RC Ranch, RF French, Mustard, Ketchup, Relish, Tartar Sauce, or BBQ Sauce

Free and Reduced lunch applications may be filled out online at
www.lunchapp.com

This institution is an equal opportunity