

# OCTOBER | 2023

## Jefferson & Kennedy Elementary



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> Chicken Tenders Baked Fries Sliced Pears Squash Variety of Milk Alt: Cheese Pizza	<b>3</b> Ham & Cheese Sub WG Goldfish Apple Slices Fresh Broccoli & Cauliflower Variety of Milk Alt: Yogurt Plate	<b>4</b> Grilled Cheese Sandwich Mixed Fruit Green Beans Variety of Milk Alt: Hot Dog on WG Bun	<b>5</b> Italian Spaghetti WG Garlic Breadstick Sliced Peaches Spinach/Romaine Lettuce Variety of Milk Alt: Chicken Nuggets	<b>6</b> Pepperoni Pizza Round Mixed Berry Fruit Cup Fresh Carrots/Celery WG Cookie Variety of Milk Alt: Deli Sandwich on WG Bun
<b>9</b> Chicken Patty on WG Bun Emoji Fries Diced Peaches Baked Beans Variety of Milk Alt: Cheese Pizza	<b>10</b> Sausage Egg & Cheese Muffin 100% Fruit Juice Cinnamon Apple Slices Variety of Milk Alt: Yogurt Plate	<b>11</b> Garlic Cheese Bread Strawberries** Fresh Broccoli & Cauliflower WG Sun Chips Variety of Milk Alt: Hot Dog on WG Bun	<b>12</b> ½ Day of School Sack Lunch Available!	<b>13</b> ½ Day of School Sack Lunch Available!
<b>16</b> Popcorn Chicken Potato Rounds Pineapple Tidbits Steamed Carrots Variety of Milk Alt: Cheese Pizza	<b>17</b> Soft Shelled Tacos Shredded Romaine Shredded Cheese Mixed Fruit Fiesta Beans Variety of Milk Alt: Yogurt Plate	<b>18</b> Bosco Cheese Filled Breadsticks Pizza Dipping Sauce Applesauce Steamed Broccoli Variety of Milk Alt: Hot Dog on WG Bun	<b>19</b> Chicken Drumstick Mashed Potatoes w/ Gravy Diced Peaches Green Beans WG Dinner Roll Variety of Milk Alt: Chicken Nuggets	<b>20</b> Pepperoni Calzone Mixed Berry Fruit Cup Fresh Cauliflower / Carrots WG Rice Krispie Treat Variety of Milk Alt: Deli Sandwich on WG Bun
<b>23</b> Chicken Smackers Crinkle Cut Fries Diced Pears California Blend Vegetables Variety of Milk Alt: Cheese Pizza	<b>24</b> Nacho Supreme (Corn Chip/Seasoned Beef/Cheese) Strawberries** Refried Beans Variety of Milk Alt: Yogurt Plate	<b>25</b> Cheeseburger on WG Bun Pretzel Twists Fresh Apple Slices** Sliced Carrots Variety of Milk Alt: Hot Dog on WG Bun	<b>26</b> Homemade Macaroni & Cheese Steamed Peas Applesauce Pretzel Roll Variety of Milk Alt: Chicken Nuggets	<b>27</b> Big Daddy Pizza Mixed Fruit Fresh Broccoli / Carrots Slushy Cup Variety of Milk Alt: Deli Sandwich on WG Bun
<b>30</b> Teriyaki Chicken Rice Pilaf Steamed Peas & Carrots Mandarin Oranges WG Dinner Roll Alt: Cheese Pizza	<b>31</b> Chicken Quesadilla Fiesta Corn Black Bean Salsa Diced Peaches Variety of Milk Alt: Yogurt Plate	<b>1</b>	<b>2</b>	<b>3</b>

### News

Meals are **FREE** for all students

Adult Price - \$ 5.11  
Milk - \$ .50

**Foodservice reserves the right to change the menu without notice.**

**\*\*Michigan Product**

**Questions concerning the menu please contact**

**Keri Carlson**  
231-398-3695

[kcarlson@manistee.org](mailto:kcarlson@manistee.org)

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

**Household Income Information forms can be completed at**  
**[www.lunchapp.com](http://www.lunchapp.com)**

**This institution is an equal opportunity provider**