



October 2018 Menu Heron Pond Elementary

 All meals are served with 1% or fat free flavored milk 

Daily meals are subject to change due to product availability. Lunch meal Lunch\$2.30

Monday	Tuesday	Wednesday	Thursday	Friday
1 Deli Sub Day WW Roll Assorted Deli Meat Options 2oz Cheese 1oz Vegetable Toppings 1 cup Fruit	2 Hot Dog Hot Dog WW Roll Cucumber Fruit	3 Loaded Nachos Beef Cheese Tomato Salsa Sour Cream Cajun style black beans Fruit	4 Sal's Pizza Vegetable Fruit	5 CLOSED TEACHER WORKSHOP 
8 CLOSED Columbus Day 	9 Grilled Cheese Cheese 1oz WG Bread 2oz Carrots Stix Chips Fruit 1 Cup	10 Sweet & Sour Pork Pork Rice Mixed Veggies Fruit	11 Fish Stix Green Beans Fruit WW Roll Cookie WG	12 PIZZA Vegetable Fruit
15 Breakfast for Lunch Eggs Sausage Hash Browns Juice Toast	16 Hard Shell Tacos Corn Tortillas Taco Meat Lettuce Salsa 1oz Sour Cream 1oz Fruit 1 Cup	17 Turkey With Gravy Mashed Potato ½ Cup Carrots ½ Cup WW Roll 2oz Fruit 1Cup	18 Sloppy Joe Seasoned Beef WW Roll Vegetable Fruit	19 PIZZA Vegetable Fruit
22 Mac & Cheese WG Pasta Cheese Broccoli Fruit	23 Chicken Quesadilla Chicken Tortilla Cheese Refried beans Cauliflower Fruit	24 American Chopped Suey WW Pasta Marinara Sauce Peppers/onions WW Pasta Fruit 1 Cup	25 Hot Turkey Sundae Turkey Stuffing Vegetable Gravy Fruit	26 PIZZA Vegetable Fruit
29 Turkey BLT Sub Turkey Bacon Cheese Tomato Lettuce Vegetable Fruit	30 Spaghetti & Meatballs WW Spaghetti Marinara Sauce Beef meatballs Vegetable Fruit	31 PULLED PORK SANDWICH Pork 3oz WG Roll 2oz Onion rings Fruit 1 cup	11/1 Sandwiches Variety of options WW Bread Baked fries Fruit 1Cup	11/2 PIZZA Vegetable Fruit



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Monitor your child's account balance; go to- <http://ezschoolpay.com>

