1% Fat Free White Milk offered daily

 Flavored Milk – Fat Free offered daily

 *The School lunch Program is operated in accordance with the U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington, D.C. 20250.*

Late Start Day:

October 17th

\*\*Menu is subject to change without notice

Chef’s Choice

Romaine blend cups

Fruit Cocktail

HAPPY HALLOWEEN

Quesadilla

Corn

Spinach leaf cups

Diced Peaches

Spaghetti

String Cheese

Garlic Bread

Romaine leaf cups

Applesauce

Pizza Cheese Crunchers

Corn

Romaine blend cups

Applesauce

2nd Choice: Grilled Cheese

Fish Taco w/ shredded cheese

Coleslaw

Celery Sticks

Fresh Apple

Halal Hamburger on

a WG Bun

Baked Fries

Spinach leaf cups

Mandarin Orange

Bean & Cheese Burrito

Corn & Black Bean Fiesta

Romaine blend cups

Mandarin Oranges

2nd Choice: Cheese Pocket

Halal Chicken Patty on

WG Bun

Corn

Romaine blend cups

Fresh Apple

Vegetarian Chili

 Soft Breadstick

Romaine blend cups

Diced Pears

Breakfast for Lunch

Mini Cinnamon Waffles

Hashbrowns

Turkey Sausage (not Halal) or

String Cheese

Orange Juice

Cheesy Garlic Flatbread

Mixed Vegetables

Spinach leaf cups

Orange

2nd Choice: Grilled Cheese

Fish Patty on

WG Buns

Pea’s & Carrots

Coleslaw

Mandarin Oranges

Pizza

Romaine blend cups

Broccoli Florets

Diced Peaches

LATE START

‘Sack-N-Go’

String Cheese & Crackers

Yogurt

Baby Carrots

Appleslices

Halal Chicken Nuggets

Corn

Romaine blend cups

Pineapple Tidbits

Hummus & Pita Bread

Green Beans

Celery Sticks

Applesauce

2nd Choice: PB&J

Half Day ☺

Halal Hot Dog on a

WG Bun

Veg Baked Beans

Romaine blend cups

Banana

Fish Sticks

Sweet Potato Gems

Spinach leaf cups

Diced Pears

Salad Bar

w/Turkey Ham (not Halal) & Cheese

Sesame Breadsticks

Baby Carrots

Mixed Fruit

Galaxy Pizza

Green Beans

Carrot Sticks

Apple slices

2nd Choice: Cheese Pocket

Macaroni & Cheese

Romaine blend cups

Broccoli Florets

Diced Peaches

Bosco Sticks

Romaine blend cups

Carrot Coins

Fresh Pear

**OCTOBER 2018**

Nowlin Elementary Menu