



October 2016: K-8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN DELIGHTS	BURGER BASH	CULINARY	NEW YORK	
ROSH HASHANAH 3 Crispy Chicken Tenders Dipping Sauce Cup <u>Eat Your Colors</u> Seasoned Wedge Fries	ROSH HASHANAH 4 Turkey Burger Deluxe Toppings <u>Eat Your Colors</u> Sweet Potato Waffle Fries	5 Chicken Teriyaki Sesame Lo-Mein <u>Eat Your Colors</u> Spinach	New York Thursday 6 Assorted Hot Sandwiches Cookie Treat <u>Eat Your Colors</u> Cucumber Salad NY Apples/ Apple Slices	7 Macaroni & Cheese Warm Dinner Roll <u>Eat Your Colors</u> Baked Beans
COLUMBUS DAY 10		YOM KIPPUR 12	New York Thursday 13	
10 Popcorn Chicken Dipping Sauce Cup <u>Eat Your Colors</u> Sweet Potato Wedges	11 100% Beef Hamburger Sliders Deluxe Toppings <u>Eat Your Colors</u> Seasoned Wedge Fries	12 BBQ Chicken Drummy Buttermilk Biscuit <u>Eat Your Colors</u> Cucumber Salad	New York Thursday 13 Grilled Cheese Sandwich Fritolay® SunChips® <u>Eat Your Colors</u> Green Garden Salad NY Apples/ Apple Slices	14 Macaroni & Cheese Warm Dinner Roll <u>Eat Your Colors</u> Baked Beans
			New York Big Apple Crunch 20	
17 Crispy Chicken Tenders Dipping Sauce Cup <u>Eat Your Colors</u> Seasoned Wedge Fries	18 Turkey Burger Deluxe Toppings Cookie Treat <u>Eat Your Colors</u> Garlicky Green Beans	19 Latin Pasta Bowl Dinner Roll <u>Eat Your Colors</u> Spring Mix Salad	New York Big Apple Crunch 20 100% New York Beef Cheese Burger Deluxe Topping <u>Eat Your Colors</u> Sweet Potato Waffle Fries NY Apples/ Apple Slices	21 Macaroni & Cheese Warm Dinner Roll <u>Eat Your Colors</u> Baked Beans
			New York Thursday 27	
24 Crispy Chicken Sandwich Dipping Sauce Cup <u>Eat Your Colors</u> Garlicky Green Beans	25 100% Beef Cheeseburger Sliders Deluxe Toppings <u>Eat Your Colors</u> Sweet Potato Wedges	26 Chicken Guisada Yellow Rice & Beans <u>Eat Your Colors</u> Sweet Plantains	New York Thursday 27 Jamaican Patty Cookie Treat <u>Eat Your Colors</u> Kale Salad NY Apples/ Apple Slices	28 Macaroni & Cheese Warm Dinner Roll <u>Eat Your Colors</u> Baked Beans
31 Crispy Chicken Tenders Dipping Sauce Cup <u>Eat Your Colors</u> Seasoned Wedge Fries			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, PB&J, and Cheese Sandwiches
Spice Station: Granulated Garlic, Red Pepper Flakes, Oregano
Dressings: Ranch, Honey Mustard, French
Condiments : Ketchup, Mustard, Mayonnaise, Hot Sauce, BBQ Sauce

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MENUS ARE SUBJECT TO CHANGE