

Itasca ISD
OCT HS LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2	Oct - 3 Burrito RAVIOLI Spanish Rice GREEN BEANS TOSSED SALAD TROPICAL FRUIT FRESH FRUIT Chocolate Milk Strawberry Milk White Milk SALSA PACKET CHEESE SAUCE FF RANCH DRESSING GARLIC TOAST	Oct - 4 CHEESEBURGER Turkey Club Ciabatta LETTUCE & TOMATO RANCH STYLE BEANS TATER TOTS Peaches FRESH FRUIT Chocolate Milk Strawberry Milk White Milk KETCHUP Mayonaise MUSTARD	Oct - 5 SALISBURY STEAK Chicken Rings MASH POTATOES Broccoli FRESH FRUIT Pears WHEAT ROLL Chocolate Milk Strawberry Milk White Milk COUNTRY GRAVY KETCHUP ASSORTED DIPPING SAUC	Oct - 6 PEPPERONI PIZZA CRISPY FISH SLAW WRAP CORN ROASTED CAULIFLOWER Pineapple FRESH FRUIT Chocolate Milk Strawberry Milk White Milk PARMESAN CHEESE ICE CREAM
Oct - 9 POPCORN CHICKEN PB&J w/Cheesestick CHOC CHIP OATMEAL BA Fresh Broccoli FRESH CARROTS CAPRI SUN APPLES KETCHUP Chocolate Milk Strawberry Milk White Milk COUNTRY GRAVY ASSORTED DIPPING SAUC	Oct - 10 Bean & Cheese Chalupas COWBOY CAVATINI WHEAT BREAD SLICE LETTUCE & TOMATO CORN STRAWBERRY APPLESAU Chocolate Milk Strawberry Milk White Milk SALSA PACKET FRESH FRUIT Sherbet Cup Raspberry	Oct - 11 SPAGHETTI Burrito GARLIC TOAST TOSSED SALAD GREEN BEANS Pineapple Chocolate Milk Strawberry Milk White Milk FF RANCH DRESSING CHEESE SAUCE SALSA PACKET FRESH FRUIT Sherbet Cup Raspberry	Oct - 12 CHICKEN STRIPS TACOS WHEAT ROLL SWEET POTATOES ROASTED Broccoli Fruit Cocktail KETCHUP COUNTRY GRAVY Chocolate Milk Strawberry Milk White Milk Jello HONEY ASSORTED DIPPING SAUC FRESH FRUIT	Oct - 13 PEPPERONI PIZZA CORN DOG RANCH STYLE BEANS Corn on the Cob Mandarin Oranges Chocolate Milk Strawberry Milk White Milk PARMESAN CHEESE FRESH FRUIT MUSTARD KETCHUP ICE CREAM
Oct - 16 Chicken Fingers Chili Cheese Frito Pie HS AU GRATIN POTATOES PEAS CAPRI SUN Chocolate Milk Strawberry Milk White Milk BANANA MUFFIN KETCHUP FRESH FRUIT	Oct - 17 NACHOS PULLED PORK w/BBO BUN REFRIED BEANS GREEN BEANS Watermelon Chocolate Milk Strawberry Milk White Milk FRESH FRUIT	Oct - 18 Steak Fingers Chicken Rings MASH POTATOES CARROTS WHEAT BREAD SLICE TROPICAL FRUIT COUNTRY GRAVY Chocolate Milk Strawberry Milk White Milk FRESH FRUIT KETCHUP ASSORTED DIPPING SAUC	Oct - 19 CITRUS HERB CHICKEN BAJA FISH STICKS Rsted Parmesan Broccoli Brown Rice CORN Blushing Pears Chocolate Milk Strawberry Milk White Milk FRESH FRUIT KETCHUP Mayonaise FUDGE BAR	Oct - 20 ROUND PEP PIZZA Grilled Cheese TOSSED SALAD CALIF BLEND VEGGIES Pineapple Chocolate Milk Strawberry Milk White Milk FRESH FRUIT ICE CREAM SAND RANCH DRESSING PARMESAN CHEESE

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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OCT HS LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 23 QUESADILLAS CHEESEBURGER BUN PINTO BEANS GREEN BEANS CAPRI SUN Chocolate Milk Strawberry Milk White Milk SALSA PACKET Blushing Pears	Oct - 24 Lasagna CHICKEN STRIPS Spinach Garlic Parmesan Squash Chi GARLIC TOAST Peaches Chocolate Milk Strawberry Milk White Milk FRESH FRUIT COUNTRY GRAVY ASSORTED DIPPING SAUC KETCHUP	Oct - 25 Chicken Salad Roll Ups Burrito COLE SLAW FRESH CARROTS WILD WATERMELON APPLS RANCH DRESSING Chocolate Milk Strawberry Milk White Milk FRESH FRUIT CHILI SALSA PACKET	Oct - 26 Pork Roast CHICKEN SAND BUN MASH POTATOES CORN Fruited Jello WHEAT ROLL Chocolate Milk Strawberry Milk White Milk FRESH FRUIT KETCHUP MUSTARD ASSORTED DIPPING SAUC	Oct - 27 PEPPERONI PIZZA FISH SAND CURLY FRIES FRESH MIX VEGGIES Pineapple Chocolate Milk Strawberry Milk White Milk PARMESAN CHEESE KETCHUP FRESH FRUIT
Oct - 30 STIR FRY FAJITA CHICKEN CORN DOG GREEN BEANS FRESH CARROTS FRESH FRUIT CAPRI SUN Chocolate Milk Strawberry Milk White Milk KETCHUP MUSTARD CHOCOLATE MUFFIN	Oct - 31 TACOS Italian Ham Panini PINTO BEANS LETTUCE & TOMATO PICO DE GALLO Spanish Rice STRAWBERRY APPLESAU FRESH FRUIT Chocolate Milk Strawberry Milk White Milk SALSA PACKET Spooky Sundae Cups CHEESE, CHEDDAR, SHR			

NON-DISCRIMINATION STATEMENT:
THIS INSTITUTION IS AN
EQUAL OPPURTUNITY EMPLOYER

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