

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats


ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!

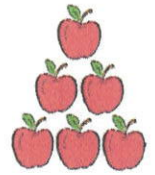


October. Lunch. Elementary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Taco Tuesday Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	2 4 Star mac & Cheese Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	3 Baked Chicken Nuggets Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	4 Personal Cheese Pizza Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint
7 Baked Chicken tenders Just Picked Fruit Fresh Veggies Ice Cold Milk Pint	8 Taco Tuesday Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk pint	9 Pasta Marinara W. Cheese Just Picked Fruit Fresh Veggies Ice Cold Milk Pint	10 All Beef Hot Dogs French Fries Just Picked Fresh Fruit Ice Cold Milk Pint	11 Pepperoni Stuffed Bosco Sticks W. Marinara Just Picked Fresh Fruits Fresh Veggies Ice Cold Milk Pint
14 Columbus Day No School	15 Baked Chicken Sandwich Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	16 Corn Dogs Just Picked Fresh fruit Fresh Veggies Ice Cold Milk Pint	17 Spaghetti w. Meatballs Just Pick Fresh Fruit Fresh Veggies Ice Cold Milk Pint	18 Cheese Hamburgers Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint
21 Pasta Marinara W. Cheese Just Picked Fruit Fresh Veggies Ice Cold Milk Pint	22 Taco Tuesday Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	23 Meat & Cheese Nachos Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	24 No Lunch Early Dismissal	25 No School
28 All Beef Hot Dogs Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk pint	29 Baked Chicken Nuggets Just Picked Fresh Fruit Ice Cold Milk Pint	30 4 Star mac & Cheese Just Picked Fresh Fruit Fresh Veggies Ice Cold Milk Pint	31 Bosco Sticks Marinara Just Picked Fresh Fruits Fresh Veggies Ice Cold Milk Pint	

Apples:



~One of nature's
best superfoods and
Full of good-for-you
nutrients

~Good source of
dietary fiber and
vitamin C, and
various antioxidants

~boots the brain by
protecting against
memory loss

~2,500 varieties of
apples are grown in
the United States

~& much, much

