



OCTOBER | 2018

Johannesburg-Lewiston Area Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Nuggets* Pretzels* Corn Peaches	2 French Toast Breakfast* Hash Browns Yogurt Applesauce 100% Juice	3 Pizza* Green Beans Pineapple Tidbits	4 Chicken Patty on a Bun* WG Treat* Baked Beans Romaine Ribbons Broccoli Apples	5 Quesadilla* Refried Beans Carrots & Celery Pears
8 Pizza* Whole Grain Treat* Romaine Ribbons Broccoli Pears	9 Hot Dog on a Bun* or Corn Dogs* Sun Chips* Baked Beans Mixed Fruit	10 Chicken Tenders* Dinner Roll* Green Beans Apples	11 Hamburger on a Bun* Oven Baked Fries Sliced Tomatoes Fresh Orange Wedges	12 Walking Tacos* Salsa Diced Tomatoes WG Treat* Mandarin Oranges
15 Chicken Nuggets* Pretzels* Baked Beans Peaches	16 Macaroni & Cheese* Garlic Bread* Corn Mandarin Oranges	17 <u>1/2 Day</u> K-5 Grade--Sack Lunch (Lewiston and Johannesburg) 6-12 Quesadilla* Refried Beans Carrots & Celery Applesauce	18 Bosco Sticks* w/ Marinara Sauce Romaine Ribbons Broccoli Oranges	19 Tomato Soup Grilled Cheese Sandwich* GoldFish Crackers* Green Beans Bananas
22 Chicken Tenders* Dinner Roll* Romaine Ribbons Broccoli Flowerets Apples	23 Ham & Cheese on Ciabatta Bread* Sliced Tomatoes Sun Chips* Pears	24 Pizza* Green Beans Pineapple Tidbits	25 Calzones* Carrots/Celery Peaches	26 Hot Dog on a Bun* Corn Dog* Baked Beans Mixed Fruit
29 Chicken Nuggets* Pretzels* Carrots/Celery Peaches	30 Chicken Patty on a Bun* WG Treat* Baked Beans Applesauce	31 Bosco Sticks* w/ Marinara Sauce Green Beans Oranges	No School	Pizza* Carrots Romaine Ribbons Broccoli Pineapple

Lunch Prices:

K-5 \$ 2.50
6-12 \$ 3.00
Reduced Lunch \$.40
Milk \$.35

Included in the Lunch Price is:

~Vegetable Bar~

- Fresh Lettuce-Garbanzo Beans-
- Green Peas-Sliced Cucumbers-
- Tomatoes-Assorted Dressings-

~Milk~

Choices Available Daily:

- 1% White or Chocolate
- Non-Fat White

Water is always available during meal times.

USDA requires at least one-1/2 cup serving of fruit or vegetable to be taken at lunch and breakfast regardless of meal status (free, reduced, full pay).

USDA is an equal opportunity provider.

*Whole Grain