


A milk choice of 1%, skim
and fat free chocolate is served
with all meals.

MOUNTAIN HOME PUBLIC SCHOOLS

Menu is subject to change based
on weather and food availability.

OCTOBER 2013, LUNCH

(lunch/breakfast menu)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN FAJITAS LETTUCE/TOMATO PINTO BEANS SALSA ORANGE WEDGES SPICE CAKE APPLE WEDGES 9-12	2 BREADED BEEF STRIPS MASHED POTATOES BLACKEYED PEAS TOSSED SALAD/DRSG FRESH FRUIT ROLL 6-12 CHILLED PEACHES 9-12	3 SUB SANDWICH CORN K-8 LETT/TOM/PICKLES FRUIT CUP MAYO/MUS./KETCHUP SWEET POTATO FRIES 9-12 FRUIT JUICE 9-12	4 VEGETABLE SOUP CHEESE TOAST TOSSED SALAD/DRSG CHILLED PINEAPPLE ASST FRESH FRUIT 9-12
7 SAUSAGE PIZZA CALIF BLEND VEGGIES TOSSED SALAD/DRSG APPLE WEDGES ORANGE WEDGES 9-12 SUGAR COOKIE	8 OVEN FRIED CHICKEN SWEET POTATO CRUNCH GREEN BEANS STRAWBERRIES FRUIT COCKTAIL 9-12 WW ROLL 6-12	9 SLOPPY JOE/BUN BAKED BEANS FRESH BROCCOLI FLORETS COLE SLAW 9-12 CHILLED PEARS ASST JUICE 9-12	10 LASAGNA/MEAT SAUCE TOSSED SALAD/DRSG FRESH FRUIT CUP PINEAPPLE 9-12 ROLL	11 CRISPY FISH STRIPS K-8 FISH SANDWICH 9-12 POTATO WEDGES CARROT/CELERY STRIPS FRUIT COCKTAIL FRESH FRUIT 9-12 ASST JUICE 9-12
14 TOASTED HAM & CHEESE OVEN FRIES FRESH FRUIT CUP LETT/TOM/PICKLE 6-12 MUS./MAYO/PIC	15 CHICKEN STRIPS MACARONI & CHEESE PEAS TOSSED SALAD/DRSG STRAWBERRIES K-8 FRESH FRUIT 9-12 ROLL 9-12	16 TACO CASSEROLE REFRIED BEANS SALSA FRUIT COCKTAIL WW CHOC CHIP COOKIE ASST FRUIT JUICE 9-12	17 CHICKEN FRIED STEAK MASHED POTATOES STEAMED BROCCOLI ASST FRESH FRUIT ROLL 6-12 CHILLED PEARS 9-12	18 CHICKEN SPAGHETTI GREEN BEANS TOSSED SALAD/DRSG CHILLED PINEAPPLE FRESH FRUIT CUP 9-12 ROLL
21 CHICKEN STRIPS/SAUCE QUICK BAKED POTATO CARROT/RAISIN SALAD FRESH GRAPES FRUIT COCKTAIL 9-12 W/G ROLL 9-12	22 PEPPERONI PIZZA TOSSED SALAD/DRSG CALIFORNIA VEGGIES BANANA BREAD ASSORTED FRUIT CHILLED PEARS 9-12	23 BEEF TACOS/CHEESE REFRIED BEANS LETTUCE/TOMATO/SALSA APPLE WEDGES OATMEAL COOKIE SPANISH RICE 9-12 BANANA 9-12	24 BBQ PULLED PORK/BUN BAKED BEANS COLE SLAW SLICED PEACHES FRUIT JUICE 9-12	25 SPAGHETTI W/MEAT SAUCE GREEN BEANS TOSSED SALAD/DRSG PINEAPPLE TIDBITS W/G ROLL 6-12 FRESH FRUIT CUP 9-12
28 CORNDOG BAKED BEANS CORN ON COB K-8 CHILLED FRUIT COCKTAIL MAYO/MUSTARD OVEN FRIES 9-12 ASSORTED FRUIT 9-12	29 BREADED BEEF STRIPS MASHED POTATOES PEAS & CARROTS APPLE WEDGES ROLL K-12 FRUIT JUICE 9-12	30 CHILI VEGETABLE STRIPS CINNAMON ROLL FRESH FRUIT CRACKERS 9-12 CHILLED PEACHES 9-12	31 CHICKEN & NODDLES SEASONED BROCCOLI TOSSED SALAD/DRSG CHILLED PEARS ROLL FRUIT JUICE 9-12	