

# Gadsden Independent School District



## LUNCH Menu (k-8)

## October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Breaded Chicken Patty on a WG Bun</b> 10 Tomato Slices ( ¼ c) Oven Fries ( ½ c) Ketchup 1pk/Mustard or Bar-B-Que Sauce (1 pk) Pear ( ½ c ),Milk	<b>Crispitos (2 ea)</b> 11 Pinto Beans ( ¼ c) Green Salad ( ¼ c) Ranch Dressing ,Salsa Picante (1 pk) Mexican Style Corn N' Squash ( ½ c) Green Apple ( ½ c) Milk	<b>Hotdog on a WG Bun</b> 12 Carrot Raisin Salad ( ¼ c) Chili Beans ( ½ c) Ketchup/Mustard (1 pk) Orange ( ½ c) Milk	<b>Turkey &amp; Cheese on WG Goldfish Bread</b> 13 (Turkey 1 oz, Cheese 1 oz) Green Salad ( ¼ c) Orange Glazed Carrots ( ½ c) Mustard, Ranch Dressing (1 pk) Banana ( ½ c), Milk	<b>Taco Salad</b> 14 (Beef 1oz Pinto Beans ¼ c) (Cheese .5oz, WG Tostadas 2oz) Romaine Lettuce( ¼ c) Diced Tomatoes ( ½ c) Picante Sauce (1 pk) Red Grapes ( ½ c), Milk
<b>Rib-B-Que on a WG Hoagie Bun</b> 17 Bar-B-Que Sauce( 1 pk) <b>Santa Fe Salad ( ¼ c)</b> Sweet Potato Fries ( ½ c) Pear ( ½ c ),Milk	<b>Chicken Nuggets 5 ea</b> 18 Tossed Salad ( ¼ c) <b>Seasoned Vegetables Julienne ( ½ c)</b> WG Hot Roll Ranch Dressing ,Ketchup (1 pk) Red Grapes ( ½ c),Milk	<b>Seafood Shapes (4ea)</b> 19 <b>Broccoli w/Cheese Sauce ( ¼ c)</b> Mashed Potatoes ( ½ c) Tartar Sauce (1 pk) Orange ( ½ c ) Milk	<b>Spaghetti w/Meat Balls</b> 20 (Pasta 6 oz, Meatballs 5 ea) Tossed Salad ( ¼ c) Tomato Wedge ( ½ c) Ranch Dressing (1 pk) Red Apple ( ½ c), Milk	<b>Beef Tacos</b> 21 (Filling 2 oz, WG Shells 2 ea) Diced Tomatoes ( ¼ c) Pinto Beans ( ½ c) Salsa Picante (2 pk) Banana ( ½ c),Milk
<b>Hamburger on a WG Bun</b> 24 Tomato Slices ( ¼ c) Oven Fries ( ½ c) Ketchup/Mustard (1 pk) Orange ( ½ c) Milk	<b>Pepperoni Pizza</b> 25 Green Salad ( ¼ c) <b>Seasoned Broccoli &amp; Cauliflower( ½ c)</b> Ranch Dressing (1 pk) Red Apple ( ½ c) Milk	<b>Corndog</b> 26 Carrot Raisin Salad ( ¼ c) <b>Three Bean Salad ( ½ c)</b> Catsup, Mustard, (1 pk) Pear ( ½ c) Milk	<b>Chicken Slugger</b> 27 Green Salad ( ¼ c) Sweet Potato Fries ( ½ c) W.G. Hot Roll Ranch Dressing ( 1 pk) Red Grapes ( ½ c) Milk	<b>Red or Green Chilaqueles</b> 28 (WG Tostadas 2 oz, Cheese 2 oz) <b>Celery Sticks ( ¼ c)</b> Corn O'Brien ( ½ c) Spanish Rice w/Peas & Carrots ( ½ c) Banana ( ½ c) Milk
<b>Steak Fingers ( 4 ea)</b> 31 <b>Peas N' Carrots ( ¼ c)</b> Garlic Mashed Potatoes ( ½ c) WG Hot Roll, Ketchup (1 pk) Green Apple ( ½ c), Milk 				

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