

~~REVISED~~ 10/18/18

Lunch / Dimensions of Learning Academy / DoL ES

OCTOBER 2018

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <p><b>1</b></p> <p><b>ENTRÉE</b><br/>Cheese Quesadilla</p> <p><b>SIDE</b><br/>Fruit Cocktail<br/>Black Bean Salsa<br/>Fresh Broccoli<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>   | <p><b>2</b></p> <p><b>ENTRÉE</b><br/>Yogurt<br/>Pancakes</p> <p><b>SIDE</b><br/>Apple Slices<br/>Carrots<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> <p><b>EXTRA</b><br/>Syrup</p>                                       | <p><b>3</b></p> <p><b>ENTRÉE</b><br/>Cheese Pizza</p> <p><b>SIDE</b><br/>Romaine Salad<br/>Cherry Tomatoes<br/>Peaches</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>   | <p><b>4</b></p> <p><b>ENTRÉE</b><br/>Southwest Veggie Bowl<br/>Chicken &amp; Gravy<br/><i>Choice B</i></p> <p><b>SIDE</b><br/>Pears<br/>Giant Goldfish Cracker<br/>Mashed Potatoes<br/>Celery Sticks<br/>1/4 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> <p><b>EXTRA</b><br/>Happy Birthday Cupcake</p> | <p><b>5</b></p> <p><b>ENTRÉE</b><br/>String Cheese, Yogurt &amp; Roll</p> <p><b>SIDE</b><br/>Grapes<br/>Zucchini Coins<br/>Carrots<br/>1/4 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>             |
| <p><b>8</b></p> <p><b>ENTRÉE</b><br/>Hot Dog<br/>w/ ketchup<br/>Grilled Cheese<br/>w/ cheddar &amp; tomato<br/><i>Choice A</i><br/><i>Choice B</i></p> <p><b>SIDE</b><br/>Corn<br/>Peaches<br/>Celery Sticks<br/>1/4 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>   | <p><b>9</b></p> <p><b>ENTRÉE</b><br/>Veggie Cheeseburger<br/>Cheeseburger<br/><i>Choice B</i><br/><i>Choice A</i></p> <p><b>SIDE</b><br/>Potato Round<br/>1 each<br/>Carrots<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> | <p><b>10</b></p> <p><b>ENTRÉE</b><br/>Cheese &amp; Goldfish Crackers<br/>Chicken Nuggets<br/>with pretzel stick<br/><i>Choice B</i><br/><i>Choice A</i></p> <p><b>SIDE</b><br/>Pretzel Stick<br/>Fruit Cocktail<br/>Romaine Salad<br/>Cherry Tomatoes</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>                      | <p><b>11</b></p> <p><b>ENTRÉE</b><br/>Bean &amp; Cheese Burrito<br/>w/ salsa<br/>Soft Taco<br/><i>Choice B</i><br/><i>Choice A</i></p> <p><b>SIDE</b><br/>Black Bean Salsa<br/>Apple Slices<br/>Giant Goldfish Cracker<br/>Carrots<br/>1/4 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>                  | <p><b>12</b></p> <p><b>ENTRÉE</b><br/>Ham &amp; Cheese Sandwich</p> <p><b>SIDE</b><br/>Cucumbers<br/>Fruit<br/>Carrots<br/>1/4 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>                         |
| <p><b>15</b></p> <p><b>ENTRÉE</b><br/>Mini Corn Dogs<br/>w/ cheddar &amp; beans<br/>Pizza Dippers<br/>with hummus<br/><i>Choice A</i><br/><i>Choice B</i></p> <p><b>SIDE</b><br/>Baked Beans<br/>Pineapple Tidbits<br/>Fresh Broccoli<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> <p><b>EXTRA</b><br/>Hummus</p> | <p><b>16</b></p> <p><b>ENTRÉE</b><br/>French Toast Sticks</p> <p><b>SIDE</b><br/>Potato Round<br/>1 each<br/>Fresh Orange<br/>Cucumbers</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> <p><b>EXTRA</b><br/>Syrup</p>                    | <p><b>17</b></p> <p><b>ENTRÉE</b><br/>Hamburger on a Bun<br/>Veggie Burger on MG Bun<br/><i>Choice A</i><br/><i>Choice B</i></p> <p><b>SIDE</b><br/>Potato Round<br/>1 each<br/>Carrots<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>  | <p><b>18</b></p> <p><b>ENTRÉE</b><br/>Cheese Quesadilla</p> <p><b>SIDE</b><br/>Salsa<br/>Carrots<br/>1/2 cup<br/>Fruit</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>  | <p><b>19</b></p> <p><b>ENTRÉE</b><br/>Turkey &amp; Cheese Sandwich</p> <p><b>SIDE</b><br/>Zucchini Coins<br/>Cherry Tomatoes<br/>Fruit</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>                     |
| <p><b>22</b></p> <p><b>ENTRÉE</b><br/>Cheese Pizza</p> <p><b>SIDE</b><br/>Cherry Tomatoes<br/>Celery Sticks<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>  | <p><b>23</b></p> <p><b>ENTRÉE</b><br/>Yogurt &amp; Pancakes</p> <p><b>SIDE</b><br/>Apple Slices<br/>Carrots<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> <p><b>EXTRA</b><br/>Syrup</p>                                    | <p><b>24</b></p> <p><b>ENTRÉE</b><br/>Pizza Dippers<br/>w/ ketchup</p> <p><b>SIDE</b><br/>Celery Sticks<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>1% Milk</p>  | <p><b>25</b></p> <p><i>Corn Dogs<br/>w/ Potato<br/>Rounds</i></p>  | <p><b>26</b></p> <p><b>ENTRÉE</b><br/>String Cheese, Yogurt &amp; Roll</p> <p><b>SIDE</b><br/>Grapes<br/>Carrots<br/>1/2 cup<br/>Celery Sticks<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> |
| <p><b>29</b></p> <p><b>ENTRÉE</b><br/>Hot dog<br/>Grilled Cheese<br/><i>Choice A</i><br/><i>Choice B</i></p> <p><b>SIDE</b><br/>Fruit<br/>Potato Rounds<br/>1 each<br/>Celery Sticks<br/>1/4 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>   | <p><b>30</b></p> <p><b>ENTRÉE</b><br/>Cheese Pizza</p> <p><b>SIDE</b><br/>Peaches<br/>Carrots<br/>1/2 cup</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p>  | <p><b>31</b></p> <p><b>ENTRÉE</b><br/>Cheese &amp; Goldfish Crackers<br/>Chicken Nuggets<br/>with pretzel stick<br/><i>Choice B</i><br/><i>Choice A</i></p> <p><b>SIDE</b><br/>Fresh Orange<br/>Romaine Salad<br/>w/ cherry tomatoes<br/>Cherry Tomatoes<br/>Pretzel Stick</p> <p><b>MILK</b><br/>1% Milk<br/>Skim Chocolate Milk<br/>Skim Milk</p> |  |   |