



October 2018 PCA Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot dogs Mac & Cheese Corn Apple Sauce	2 Bean & Cheese Burritos Tomatoes Grapes	3 Tuna Sandwich Cucumbers Fruit Cocktail	4 Lasagna French bread Salad Pears	5 Chicken Noodle Soup Crackers Orange Slices
8 Waffles Yogurt Mixed Berries	9 Cheese Pizza Peaches Green Beans	10 Bean & Bacon Soup Corn Pineapple	11 Grilled Cheese Sandwich Oranges Carrots	12 Field Trip Sack Lunch
15 Meatball Subs Tate tots Grapes	16 Chicken Burger Mixed Veggies Strawberries	17 Sloppy Joes Broccoli Applesauce	18 Beef Stew Rolls Mandarin Oranges	19 Corn Dogs Peas Apples Slices
22 SACK LUNCH	23 SACK LUNCH	24 SACK LUNCH	25 SACK LUNCH	26 SACK LUNCH
<i>Parent Teacher Conferences 1/2 Days. Released at 12pm. Sack lunches.</i>				
29 Cheese Quesada Tomatoes Melon	30 Ham & Cheese Bagel Celery Pears	31 SACK LUNCH Wittenberg Carnival 6-8pm		

*Each lunch will have the following- meat or meat alternative, grain or bread, 1 vegetable and 1 fruit or 2 vegetables or 2 fruits, and milk..

*Water will be available at all times of the day.

Food Fun Facts:



* Bubble gum flavor comes from the mixture of wintergreen, vanilla, and cassia (a type of cinnamon).

* The smaller the berry, the sweeter it is! (acai (ah-sigh-ee) berry and the blue berry are smallest berries)