

Congress Elementary School

Lunch Menu

October, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
01/ Orange Chicken Brown Rice Broccoli Fruit Milk	02/ Hot Dog Cowboy Beans Carrots/Celery Fruit Milk	03/ Tuna Casserole Peas Fruit Milk	04/ Cheese Burger Lettuce/Tomato Oven Fries Fruit Milk	05/ NO SCHOOL
08/ Macaroni and Cheese Peas Garlic Bread Fruit Milk	09/ Chili with Cornbread Salad Fruit Milk	10/ Snow Bowl Corn Fruit Milk	11/ Chicken Enchilada Casserole Beans Fruit Milk	12/
15/	16/ FALL	17/ BREAK	18/	19/
22/ Grilled Cheese Sandwich Tomato Soup Fruit Milk	23/ Chicken Fajitas Rice and Beans Lettuce/Salsa Fruit Milk	24/ Cheesy Breadsticks Salsa Cucumbers Fruit Milk	25/ Cheese Burger Lettuce/Tomato Oven Fries Fruit Milk	26/
29/ Fish Tacos Cilantro-Lime Rice Coleslaw Fruit Milk	30/ Chicken Noddle Soup Biscuits Jicama Fruit Milk	31/ Spooky Spaghetti and Meatballs Garlic Bread Salad Fruit Milk		This institution is an equal opportunity Provider

*Selections include a choice of 1-cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

Full Price Breakfast \$1.75 ----- Reduced Price Breakfast \$.30

Full Price Lunch \$2.75 ----- Reduced Price Lunch \$.40

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