



BREAKFAST

OCTOBER 2017

Arlington Community Schools K-12

A school breakfast is composed of at least 4 items which include milk, grain and fruit/vegetable. To obtain the meal pricing, students must choose at least 3 of the items. One item selected must be either 1/2 vegetable or fruit. Otherwise, à la carte pricing will apply on food items sold.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast Pizza Breakfast Pastry/Grain Fruit Juice Assorted Fruit</p>	<p>3</p> <p>Breakfast Chicken Sandwich French Toast w/ Smokies Fruit Juice Assorted Fruit</p>	<p>4</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Fruit</p>	<p>5</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p>	<p>6</p> <p>Breakfast Burrito Egg & Cheese Sandwich Breakfast Pastry Grain Fruit Juice Assorted Fruit</p>
<p>9</p> <p>Fall Break No School</p>	<p>10</p> <p>Fall Break No School</p>	<p>11</p> <p>Fall Break No School</p>	<p>12</p> <p>Fall Break No School</p>	<p>13</p> <p>Fall Break No School</p>
<p>16</p> <p>Breakfast Pizza Egg & Cheese Sandwich Breakfast Pastry/Grain Fruit Juice Assorted Fruit</p>	<p>17</p> <p>Breakfast Chicken Sandwich French Toast w/ Smokies Fruit Juice Assorted Fruit</p>	<p>18</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Fruit</p>	<p>19</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p>	<p>20</p> <p>Breakfast Burrito Breakfast Pastry Grain Fruit Juice Assorted Fruit</p>
<p>23</p> <p>Breakfast Pizza Breakfast Pastry Grain Fruit Juice Assorted Fruit</p>	<p>24</p> <p>Breakfast Chicken Sandwich French Toast w/ Smokies Fruit Juice Assorted Fruit</p>	<p>25</p> <p>Sausage & Biscuit Breakfast Cinnamon Roll Fruit Juice Assorted Fruit</p>	<p>26</p> <p>Chicken Biscuit Pancake Sausage Bites Pancake Sausage Wrap (HS only) Fruit Juice Assorted Fruit</p>	<p>27</p> <p>Breakfast Burrito Egg & Cheese Sandwich Breakfast Pastry Grain Fruit Juice Assorted Fruit</p>
<p>30</p> <p>Breakfast Pizza Breakfast Pastry/Grain Fruit Juice Assorted Fruit</p>	<p>31</p> <p>Breakfast Chicken Sandwich French Toast w/ Smokies Fruit Juice Assorted Fruit</p>	<p>Daily Offerings: Variety of fat free and low fat milk. Lactose free milk, available upon request. Assortment of Fresh Fruit and Chilled Fruit Cups.</p> <p><i>***Menus subject to change based on availability***</i></p>		



LUNCH

OCTOBER 2017

Arlington Community Schools

Grade K-8

A school lunch includes 5 different food components (items). To obtain the meal pricing, students must choose at least 3 of the 5 components. One item selected must be either a vegetable or fruit. Otherwise, à la carte pricing will apply on food items sold.

Monday	Tuesday	Wednesday	Thursday	Friday
Popcorn Chicken w/Roll 2 Mexican Pizza Whole Kernel Corn Seasoned Carrots Fresh Baby Carrots w/Dip Fresh Garden Salad	Hot Dog on Bun 3 Chicken Quesadilla Baked Beans Steamed Broccoli Veggies w/Dip Fresh Garden Salad	Hamburger/ Cheeseburger 4 Corn Dog Oven Baked Fries California Blend Veggies Baby Carrots w/Dip Fresh Garden Salad	Fish Sandwich 5 Beefaroni w/ Roll Seasoned Green Beans Corn Veggie w/Dip Fresh Garden Salad	Pizza/ Cheese Pizza 6 Deli Sandwich Oven Baked Fries Mixed Veggies Fresh Veggies w/Dip Fresh Garden Salad
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
Corn Dog Nuggets 16 Cheese Sticks w/ Marinara Seasoned Carrots Steamed Broccoli Fresh Baby Carrots w/Dip Veggies w/Dip	Meaty Meatball Sub 17 Fish Strips w/ Hushpuppies Seasoned Green Beans Corn Veggies w/Dip Fresh Garden Salad	Breaded Chicken Sandwich 18 Cheese Pizza Oven Baked Potatoes Baby Carrots w/Dip Fresh Garden Salad	Taco Bar- Beef or Chicken 19 (Crispy or Soft Shells) Cheesy Nachos- Beef or Chicken Pinto Beans California Blend Veggies Fresh Veggie/Dip Fresh Garden Salad	Pizza 20 Chicken Bites w/Roll Oven Baked Potatoes Corn on the Cob Fresh Veggies w/Dip Sassy Raisins Fresh Fruit
Spaghetti & Meatballs 23 Baked Calzone Seasoned Green Beans Fresh Baby Carrots w/Dip Fresh Garden Salad	Hot Dog on Bun 24 Crispito w/ Chili Corn Veggies w/Dip Fresh Garden Salad	Hamburger/ Cheeseburger 25 Popcorn Chicken w/Roll Whipped Potatoes Steamed Broccoli Veggies w/Dip Fresh Garden Salad	Patty Melt 26 Chicken & Waffles Oven Baked Fries Mixed Veggies Baby Carrots w/Dip Fresh Fruit	Pizza 27 Deli Sandwich Oven Baked Potatoes Veggies w/Dip Fresh Garden Salad Fresh Fruit
Corn Dog 30 Chicken Alfredo w/Roll Steamed Broccoli Corn Fresh Baby Carrots w/Dip Fresh Garden Salad	Hot Ham & Cheese Sandwich 31 Chicken Nuggets w/Roll Oven Baked Potatoes California Vegetables Baby Carrots w/Dip Fresh Garden Salad	Daily Offerings: Variety of fat free and low fat milk. Lactose free milk, available upon request. Assortment of Fresh Fruit and Chilled Fruit Cups. ***Menus subject to change based on availability***		

This Institution is an equal opportunity provider.



LUNCH

OCTOBER 2017

Arlington Community Schools

Grades 9-12

A school lunch includes 5 different food components (items). To obtain the meal pricing, students must choose at least 3 of the 5 components. One item selected must be either a vegetable or fruit. Otherwise, à la carte pricing will apply on food items sold.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Bites w/Roll Hamburger or Cheeseburger Oven Baked Potatoes Seasoned Carrots Fresh Baby Carrots w/Dip Romaine Garden Salad</p>	<p>3</p> <p>Spaghetti w/Meatsauce w/Breadstick Baked Calzone Whole Kernel Corn Seasoned Green Beans Veggies w/Dip Romaine Garden Salad</p>	<p>4</p> <p>Hot Dog on Bun Crispitos w/Chili Oven Baked Potatoes Broccoli Baby Carrots w/Dip Romaine Garden Salad</p>	<p>5</p> <p>Breaded Cheese Sticks w/Marinara Chicken Sandwich Oven Baked Potatoes California Blend Vegetables Veggie w/Dip Romaine Garden Salad</p>	<p>6</p> <p>Pizza Deli Sandwich Oven Baked Potatoes Fresh Veggies w/Dip Romaine Garden Salad</p>
<p>9</p> <p>Fall Break</p>	<p>10</p> <p>Fall Break</p>	<p>11</p> <p>Fall Break</p>	<p>12</p> <p>Fall Break</p>	<p>13</p> <p>Fall Break</p>
<p>16</p> <p>Chicken Bites w/Roll Hamburger or Cheeseburger Oven Baked Potatoes Steamed Broccoli Fresh Baby Carrots w/Dip Veggies w/Dip</p>	<p>17</p> <p>Hot Ham & Cheese Sandwich Spicy Buffalo Chicken Nachos Whole Kernel Corn California Blend Vegetables Veggies w/Dip Romaine Garden Salad</p>	<p>18</p> <p>Crispitos w/Chili Cheese Baked Calzone Oven Baked Potatoes Seasoned Green Beans Baby Carrots w/Dip Romaine Garden Salad</p>	<p>19</p> <p>Fish Sandwich Chicken & Cheese Quesadilla Oven Baked Potatoes Corn on the Cob Fresh Veggies w/Dip Fresh Fruit Romaine Garden Salad</p>	<p>20</p> <p>Pizza Deli Sandwich Oven Baked Potatoes Fresh Veggies w/Dip Romaine Garden Salad</p>
<p>23</p> <p>Bacon Cheeseburger Corn Dog Nuggets Oven Baked Potatoes Mixed Veggies Fresh Baby Carrots w/Dip Romaine Garden Salad</p>	<p>24</p> <p>Spicy Chicken Sandwich Beef & Bean Burrito Corn Seasoned Green Beans Veggies w/Dip Romaine Garden Salad</p>	<p>25</p> <p>Nacho Supreme Chicken Fajita Nachos Pinto Beans Steamed broccoli Veggies w/Dip Romaine Garden Salad</p>	<p>26</p> <p>Hot Ham & Cheese Sandwich Chicken & Waffles Oven Baked Potatoes Baked Apples Baby Carrots w/Dip Romaine Garden Salad</p>	<p>27</p> <p>Pizza Deli Sandwich Oven Baked Potatoes Veggies w/Dip Romaine Garden Salad</p>
<p>30</p> <p>Chicken Tenders w/Roll Hamburger or Cheeseburger Oven Baked Potatoes California Vegetables Fresh Baby Carrots w/Dip Romaine Garden Salad</p>	<p>31</p> <p>Meaty Meatball Sub Corn Dog Minis Oven Baked Potatoes Mixed Vegetables Baby Carrots w/Dip Fresh Garden Salad</p>	<p>Daily Offerings: Variety of fat free and low fat milk. Lactose free milk, available upon request. Assortment of Fresh Fruit and Chilled Fruit Cups.</p>		

Menus subject to change based on availability