

# October 2017

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.**  
**Fruit Juice and Desserts served on occasion.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Spaghetti w/  
Meat Marinara Sauce  
Green Beans  
Fruit  
Garlic Breadstick

2

### Tuesday

Hot Ham & Cheese  
on a Bun  
Baked Beans  
Fruit  
Brownie

3

### Wednesday

Beef Tacos  
Nacho Chips, Sour Cream  
Salsa, Shredded Cheese  
Corn  
Fruit

4

### Thursday

Chicken Nuggets  
Lettuce Salad & Dressing  
Fruit  
Jell-O Cup

5

### Friday

No  
School

6

No  
School

9

Corn Dog  
Green Beans  
Fruit  
Rice Krispy Treat

10

Sausage, Egg & Cheese  
on a Biscuit  
Raw Carrots & Ranch  
Fruit  
Gogurt

11

Pork Riblet on a Bun  
Baked Beans  
Fruit  
Cupcake

12

Hot Dog on a Bun  
Potato Smiles  
Fruit  
Fruit Snacks

13

Mini Corn Dogs  
Nacho Chips & Cheese  
Carrots  
Fruit

16

Salisbury Steak  
Mashed Potatoes & Gravy  
Fruit  
Cookie

17

Soft Shell Beef Taco  
(tortilla, beef, cheese)  
Salsa, Sour Cream  
Lettuce Salad & Dressing  
Fruit, Pudding Cup

18

Chicken Patty on a Bun  
Green Beans  
Fruit  
Yogurt

19

Hamburger or  
Cheeseburger on a Bun  
Baked Beans  
Fruit  
Jell-O Cup

20

Meatball Sandwich w/  
Marinara Sauce  
Corn  
Fruit  
Cookie

23

Chicken Tenders  
Caesar Salad  
Fruit  
Brownie

24

Double Stuffed Pizza  
Green Beans  
Fruit  
Gogurt

25

BBQ on a Bun  
Raw Carrots & Ranch  
Fruit  
Pudding Cup

26

No  
School

27

Hot Turkey  
Mashed Potatoes & Gravy  
Green Beans  
Fruit  
Garlic Breadstick

30

Beef Chili  
Sour Cream, Cheese  
Corn Bread  
Corn  
Fruit, Jell-O Cup

31

