

# October 2019

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White Milk, Fat Free White Milk or Fat Free Chocolate Milk served daily.**



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Beef Tacos  
Nacho Chips  
Cheese, Sour Cream, Salsa  
Green Beans  
Fruit

1

Meatballs  
Mashed Potatoes & Gravy  
Fruit  
Rice Krispy Treat

2

BBQ Pulled Pork on a Bun  
Baked Beans  
Fruit  
Brownie

3

Sub Sandwich  
(ham, turkey, cheese)  
Raw Veggies & Ranch  
Fruit  
Teddy Grahams

4

BBQ Beef on a Bun  
Carrots  
Fruit  
Pudding Cup

7

Hot Dog on a Bun  
Baked Beans  
Fruit  
Cookie

8

Soft Shell Pork Taco  
Sour Cream, Salsa  
Lettuce Salad w/ Dressing  
Fruit, Fruit Snacks

9

Corn Dog  
Green Beans  
Fruit  
Teddy Grahams

10

Hot Ham & Cheese  
on a Bun  
Seasoned Fries  
Fruit, Granola Bar

11

NO  
SCHOOL

14

Double Stuffed Pizza  
Lettuce Salad w/ Dressing  
Fruit  
Rice Krispy Treat

15

Cheese Stuffed  
Breadsticks w/ Marinara  
Green Beans  
Fruit, Cookie

16

Hamburger or  
Cheeseburger on a Bun  
Peas  
Fruit, Pudding Cup

17

French Toast Sticks  
Hash Browns  
Fruit  
Gogurt

18

Chicken Nuggets  
Raw Veggies & Ranch  
Fruit  
Charlie Brown Pie

21

Pretzel Bites  
Cheese Sauce  
Green Beans  
Fruit, Fruit Snacks

22

Salisbury Steak  
Mashed Potatoes & Gravy  
Bread & Butter  
Fruit

23

Mini Corn Dogs  
Nacho Chips & Cheese  
Baked Beans  
Fruit

24

NO  
SCHOOL

25

Beef Chili  
Corn Bread  
Fruit  
Rice Krispy Treat

28

Biscuit & Sausage Gravy  
Tator Tots  
Fruit  
Pudding Cup

29

Pork Riblet on a Bun  
Cesar Salad  
Fruit  
Gogurt

30

Chicken Fried Steak  
Mashed Potatoes & Gravy  
Fruit  
Jell-o Cup

31

