

Gulf District Schools

OCTOBER, 2018

LUNCH MENUS

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 BEEF STEW POTATOES & PEAS GREEN BEANS APPLESAUCE, SWEET ROLLS, 2 OZ. (FLOWE MILK - Variety	Oct - 2 BREADED POPCORN BAKED BEANS COLE SLAW PEARS HUSH PUPPY MILK - Variety	Oct - 3 HAMBURGER ON A B DIRTY POTATOES LETTUCE & TOMATO Pickle, hamburger FRUIT COCKTAIL KETCHUP MAYONNAISE MUSTARD MILK - Variety	Oct - 4 TUNA SALAD SANDWI HAMBURGER BUD (FL LETTUCE & TOMATO FRENCH FRIES PINEAPPLE CHUNKS MILK - Variety	Oct - 5 CORN DOG FRENCH FRIES GREEN BEANS MUSTARD KETCHUP FRUIT COCKTAIL MILK - Variety
Oct - 8 PIZZA W/PORK TOPPI GREEN PEAS GARDEN SALAD RANCH DRESSING KETCHUP PEARS MILK - Variety	Oct - 9 TURKEY POT PIE PEAS & CARROTS STRAWBERRIES CHOCOLATE CAKE MILK - Variety	Oct - 10 NACHOS WITH GROU MIXED VEGETABLES PEACHES SPICE CAKE MILK - Variety	Oct - 11 CHICKEN FAJITAS CORN CHEESE, CHEDDAR S LETTUCE & TOMATO ORANGE JUICE SALSA MILK - Variety	Oct - 12 BBQ Turkey on Bun Tater Tots PINEAPPLE CHUNKS COLE SLAW KETCHUP MILK - Variety
Oct - 15 NO LUNCH	Oct - 16 NO LUNCH	Oct - 17 BEEF-A-RONI K-8 STEAMED BROCCOLI GARLIC TOAST SLICED APPLES MILK - Variety	Oct - 18 CHICKEN, OVEN RICE, Cooked White TURNIP GREENS BROWN GRAVY HUSH PUPPY APPLESAUCE MILK - Variety	Oct - 19 HAM SANDWICH Cheese, stick QUICK BAKED POTAT PICKLES, DILL PEACHES LETTUCE & TOMATO KETCHUP MUSTARD MAYONNAISE MILK - Variety
Oct - 22 CHICKEN & RICE CABBAGE STEAMED APPLESAUCE, SWEET Graham Crackers ROLLS, 2 OZ. (FLOWE MILK - Variety	Oct - 23 HAMBURGER ON A B DIRTY POTATOES LETTUCE & TOMATO FRUIT COCKTAIL Pickle, hamburger KETCHUP MAYONNAISE MUSTARD MILK - Variety	Oct - 24 SPAGHETTI AND MEA GREEN BEANS PEACHES ROLLS, 2 OZ. (FLOWE MILK - Variety	Oct - 25 CHICKEN NUGGET MACARONI AND CHE MIXED VEGETABLES APPLESAUCE, SWEET MILK - Variety	Oct - 26 PIZZA W/PORK TOPPI GREEN PEAS GARDEN SALAD RANCH DRESSING KETCHUP PEARS MILK - Variety
Oct - 29 CHICKEN AND NOOD GREEN BEANS CARROTS PEARS ROLLS, 2 OZ. (FLOWE MILK - Variety	Oct - 30 HOT DOG ON A BUN HOT DOG, REGULAR (FRENCH FRIES GREEN PEAS MUSTARD KETCHUP CHOCOLATE CAKE MILK - Variety	Oct - 31 HAM SANDWICH Cheese, stick QUICK BAKED POTAT PICKLES, DILL PEACHES LETTUCE & TOMATO KETCHUP MUSTARD MAYONNAISE MILK - Variety		

ALL BREAD PRODUCTS MUST BE WHOLE GRAIN.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.