

# Struthers Elementary Lunch Menu

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## OCTOBER

# Wildcats

### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

*\*Students must choose at least one fruit or vegetable*

### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads

Celery & Cucumber  
\*May choose two 1/2 cup servings

\*Fruits may include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose 1/2 cup serving

**MENUS SUBJECT TO CHANGE**

### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Paid \$x.xx  
Reduced \$.xx  
Adult \$

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pepperoni Rolls Broccoli Choice of Fruit Choice of Milk	2 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie	3 Pancakes Sausage Links Tri Potato Choice of Fruit Choice of Milk	4 Hamburger Onion Rings Choice of Fruit Choice of Milk
7	Chicken Nuggets Mashed Potato Choice of Fruit Choice of Milk	8 Walking Taco Green Beans Salas Cheese Refried Beans Choice of Fruit Choice of Milk	9 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie	10 Mini Corn Dogs Baked Beans Choice of Fruit Choice of Milk Potato Chips	11 <b>NO SCHOOL</b>
14	Chicken Patty Tri Potato Choice of Fruit Choice of Milk	15 Bosco Cheese Sticks Corn Choice of Fruit Choice of Milk	16 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie	17 Pasta / Meatballs Celery /Carrots Ranch dipping Sauce Choice of Fruit Choice of Milk	18 Turkey & Ham Sub Glazed Carrots Choice of Fruit Choice of Milk Chips
21	Mexican Pizza Green Beans Choice of Fruit Choice of Milk	22 Walking Taco Green Beans Salas Cheese Refried Beans Choice of Fruit and Milk	23 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie	24 Cheeseburger Slider Broccoli Choice of Fruit Choice of Milk	25 Toasted Cheese Tomato Soup Goldfish Crackers Choice of Fruit Choice of Milk
28	Chicken Quesadilla Corn Choice of Fruit Choice of Milk	29 Mac and Cheese Celery /Carrots Ranch dipping Sauce Choice of Fruit Choice of Milk	30 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie	31 Halloween Boo Burger Scary Fries Choice of Fruit Choice of Milk	Nov 1 <b>NO SCHOOL</b>
	Monday Alternate	Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate