

# OCTOBER 2018

## Horizons Elementary Café

### MONDAY

Chicken Drummies w/ rice  
PBJ UNCRUSTABLES  
Buffalo Chicken Salad

1

Steamed Broccoli  
Fresh Veggies  
Fresh Fruit  
Milk

Chicken Patty Sandwich  
PBJ Uncrustable  
Asian Chicken Salad

8

Sweet Potato Fries  
Fresh Veggies  
Fresh Fruit  
Milk

Asian Chicken Rice Bowl  
PBJ Uncrustable  
Buffalo Chicken Salad

15

Stir Fry Vegetables  
Fresh Veggie Tray  
Fresh Fruit  
Milk

Chili w / cheesy  
breadstick  
PBJ Uncrustable  
Asian Chicken Salad

22

Potato Salad  
Fresh Veggies  
Fresh Fruit  
Milk

Chicken Drummies w/ rice  
PBJ Uncrustable  
Buffalo Chicken Salad

29

Steamed Broccoli  
Fresh Veggies  
Fresh Fruit  
Milk

### TUESDAY

Shepard's Pie w, roll  
Yogurt Snacker  
Harvest Chicken Salad

2

Green Peas  
Fresh Veggies  
Chilled Fruit  
Milk

Beef Tacos w/ chips &  
Salsa  
Yogurt Snacker  
Southwest Chicken Salad

9

Pinto Beans  
Fresh Veggies  
Chilled Fruit  
Milk

Chicken Nuggets w roll  
Yogurt Snacker  
Harvest Chicken Salad

16

Potato Salad  
Steamed Carrots  
Fresh Veggies  
Chilled Fruit  
Milk

Chicken Tenders w  
biscuit  
Yogurt Snacker  
Southwest Chicken Salad

23

Crisp Corn Salad  
Green Beans  
Fresh Veggies  
Fresh Fruit  
Chilled Fruit

Shepard's Pie w roll  
Yogurt Snacker  
Harvest Chicken Salad

30

Green Peas  
Fresh Veggies  
Chilled Fruit  
Milk

### WEDNESDAY

Cheesy Fish Sandwich  
Turkey & Cheese Sand.  
Fruit & Yogurt Salad

3

Potato Salad  
Baked Beans  
Fresh Veggies  
Fresh Fruit  
Milk

Fish Nuggets w / Mac &  
Cheese  
Pizza Snacker  
Fruit & Yogurt Salad

10

Green Beans  
Fresh Veggies  
Fresh Fruit  
Milk

Alfredo with a twist  
Turkey & Cheese Sand.  
Fruit & Yogurt Salad

17

Bean Salad  
Broccoli  
Fresh Veggies  
Fresh Fruit  
Milk

Baked Ziti  
Pizza Snacker  
Fruit & Yogurt Salad

24

Steamed California Blend  
Fresh Veggies  
Fresh Fruit  
Milk

Cheesy Fish Sandwich  
Turkey & Cheese Sand.  
Fruit & Yogurt Salad

31

Potato Salad  
Baked Beans  
Fresh Veggies  
Fresh Fruit  
Milk

### THURSDAY

Sloppy Joe Nachos  
Ham & Cheese Sand.  
Chef Salad

4

Bean Salad  
California Blend  
Fresh Veggies  
Chilled Fruit  
Milk

Cuban Flatbread  
Turkey & Cheese Sand.  
Chef Salad

11

Black Bean salsa w chips  
Black Beans  
Fresh Veggie Tray  
Chilled Fruit  
Milk

Korean BBQ Tacos  
Ham and Cheese Sand.  
Chef Salad

18

Bermuda Blend Veggies  
Asian Slaw  
Chilled Fruit  
Milk

Monte Cristo Sand.  
Chicken Wrap  
Chef Salad

25

Sweet Potato Tots  
Fresh Fruit  
Chilled Fruit  
Milk

### FRIDAY

Cheeseburger  
Yogurt Snacker  
Chicken Caesar Salad

5

French Fries  
Fresh Veggies  
Applesauce  
Milk

Pizza  
Yogurt Snacker  
Chicken Caesar Salad

12

Corn  
Crisp Corn Salad  
Fresh Veggies  
Frozen Juice Cup  
Milk

Cheeseburger  
Yogurt Snacker  
Chicken Caesar Salad

19

French Fries  
Fresh Veggies  
Applesauce  
Milk

Pizza Fiestada Friday  
Yogurt Snacker  
Chicken Caesar Salad

26

Corn on the Cobb  
Fresh Veggies  
Frozen Juice Cup  
Milk



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**DID YOU KNOW...**  
October comes from the Latin word "octo" which means eight.