

Iowa Valley Lunch Menu For October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Elementary Alternate: Cheese/Bun No alternate on Friday 10/6	2 Cheese Pizza Baby Carrots Peaches	3 Egg & Sausage Bun Tri-Tator Orange Juice	4 Chicken Nuggets Corn Spiced Apples Snack Cracker	5 Ham Sandwich BBQ Beans Tomato Slices Tropical Fruit	6 Cookout Hot Dog/Bun Chips Apple Slices Cookie	7
8 Elementary Alternate: PB Sandwich	9 Chicken Fajita Tortilla Shell Cheese, Salsa Dice Tomatoes Pears Goldfish	10 Sloppy Joe/Bun Vegetable Apricots	11 Shrimp Poppers Breaded Mozzarella Cheese Sticks Fruit Cocktail Sunbelieveable Sidekick	12 Hot Beef, Mashed Potatoes B & B Sandwich String Cheese Applesauce	13 Pulled Pork/Bun Baked Beans Oranges	14
15 Elementary Alternate: Cheese/Bun	16 No School	17 Country Fried Beef Patti/ Bun Savory Carrots Strawberries	18 Large Corn Dog Green Bean Casserole Mandarin Oranges	19 Breaded Pork/Bun Fresh Broccoli Mixed Fruit	20 PBJ Uncrustables Yogurt Tator Tots Pineapple Muffin	21
22 Elementary Alternate: PB Sandwich	23 Mandarin Orange Chicken Rice Egg Roll Peaches	24 Cheeseburger/Bun Tomato Slices Baby Carrots Tropical Fruit Brownie	25 Fish Nuggets B & B Sandwich Peas Spiced Apples	26 Cheddarwurst/Bun BBQ Beans Funyuns Banana	27 Walking Taco Cheese, Salsa Diced Tomatoes Goldfish Pears	28
29 Elementary Alternate: Cheese/Bun	30 Garlic Cheese Bread Baked Beans Apricots	31 Meatloaf Mashed Potatoes B & B Sandwich Fruit Cocktail		Two fruits & lettuce are offered daily Buns are Whole Grain. Milk is offered with every meal	Menu is subject to change Late Start no alternate at elementary	This institution is an equal opportunity provider