

Iowa Valley Menu for October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Elementary alternate: pb sandwich	1 Pizza Baby Carrots Red Pepper Strips Apricot cups	2 Chicken Nuggets Baked Beans B & B Sandwich Pineapple	3 BBQ Pork/Bun Corn Pears	4 French Toast, Sausage, O.J., Tri-Tators 9-12 Granola Bar	5 Turkey Sandwich Tomato Slices Green Bean Casserole Mixed Fruit	6
7 Elementary alternate: cheese sandwich	8 Chicken Fajita, Salsa, Cheese, Shell, Diced Tomatoes, Veggies Strawberry Cups, Snack Crackers	9 Country Fried Beef Pat- ti/Bun Cooked Carrots Oranges	10 Breaded Mozzarella Sticks Marinara Sauce Celery with PB Peaches	11 Sloppy Joe/Bun Cherry Tomatoes Peas Tropical Fruit	12 Ham Sandwich BBQ Beans Mandarin Oranges	13
14 Elementary alternate: pb sandwich	15 Chicken Drumstick Mashed Potatoes Stuffing Applesauce	16 Chilly Dilly Fritos Baby Carrots Muffin Fruit Cocktail	17 Pizza Cruncher Baked Beans Apricots	18 Taco Meat, Chips, Salsa, Cheese Diced Tomatoes Apples Cookie	19 Fish Nuggets Green Beans Dinner Roll Pineapple	20
21 Elementary alternate: cheese sandwich	22 Garlic Cheese Bread Marinara Sauce Fresh Broccoli Pears	23 BBQ Beef/Bun Sweet Potato Fries Mixed Fruit	24 Breaded Pork/Bun Carrot Sticks Cucumber Slices Spiced Apples	25 Turkey Gravy Mashed Potatoes B & B Sandwich Banana	26 Large Corn Dog BBQ Beans Peaches	27
28 Elementary alternate: pb sandwich	29 Mandarin Orange Chick- en, Rice, Peas & Carrots, Tropical Fruit, Mini Chocolate Chip Cookies	30 Chicken Tenders Veggies B & B Sandwich Mandarin Oranges	31 Cheeseburger/Bun French Fries Graham Crackers Applesauce	Menu is subject to change Late Start no alternate at elementary	Two fruits & lettuce are offered daily Buns are Whole Grain. Milk is offered with every meal	This institution is an equal opportunity pro- vider