



OCTOBER | 2018

Bark River Harris – Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Dog on a Bun (Ketchup and Mustard) WG Cheez its Baked Beans Diced Peaches Skim Milk	2 Popcorn Chicken Mashed Potatoes w/ Marg Fresh Carrots Apple Slices Milk	3 Taco Salad (chips, meat, lettuce, cheese, tomato, sour cream) Fresh Broccoli and Cauliflower / Dip Applesauce Cup Milk	4 Sloppy Joes Cheese Stick California Blend Vegetables Fresh Banana Skim Milk	5 Pepperoni Pizza Whole Kernel Corn Fresh Grapes Slushie Cup Milk
8 Pizza Calzone Whole Kernel Corn Diced Peaches 100 Cal Oreo Skim Milk	9 No Lunch 11:34 Early Dismissal	10 French toast Sticks Syrup Sausage Links Carrot Sticks Apple Slices Skim Milk	11 Chicken Strips Mashed Potatoes w/ Gravy Fresh Cucumbers Diced Pears Skim Milk	12 Bosco Sticks Marinara Sauce Green Beans Fruit Cocktail Skim Milk
15 Beefy Cheesy Nachos (Chips, Meat, Cheese Sauce) Fresh Broccoli / Dip Applesauce Cup Skim Milk	16 Chicken Sandwich Potato Rounds Fresh Carrot Sticks Mandarin Oranges Skim Milk	17 Sub Sandwich (Meat, Cheese, Lettuce, Tomato, Pickles, Mayo) Green Beans Diced Pears Cookie Skim Milk	18 Beef Tips over Mashed Potatoes WG Dinner Rolls Fresh Grapes Skim Milk	19 Pepperoni Pizza Sugar Snap Peas Diced Peaches Slushie Cup Skim Milk
22 Hamburger or Cheeseburger Potato Cheese Munchers Whole Kernel Corn Diced Peaches Skim Milk	23 Chicken Drumsticks Mashed Potatoes w/ Marg. Green Peas Applesauce Cup Skim	24 Ham and Potato Hot Dish Wheat Dinner Roll Fresh Carrot Sticks Apple Slices Skim Milk	25 Tangerine Chicken Over Rice Oriental Vegetables Fresh Pineapple Fortune Cookie Skim Milk	26 Bosco Sticks Marinara Sauce California Blend Vegetables Fresh Orange Slices Skim Milk
29 Hot Dog on a Bun (Ketchup and Mustard) WG Cheez its Baked Beans Diced Peaches Skim Milk	30 Beef Dippers Mashed Potatoes /Gravy Sugar Snap Peas Apple Slices Skim Milk	31 Chef Boyardee Mini Ravioli Wheat Dinner Roll Whole Kernel Corn Fresh Banana Skim Milk		

News

All students that are in Kindergarten through 6th grades are able to eat a FREE Healthy Breakfast and Lunch.

**October 15 – 19, 2018
National School Lunch
Week!!**

This is your chance to thank the kitchen staff for all the hard work they do to each and every day.

**No Lunch will be served on
October 9, 2018.**

