



SIMPLY GOOD

Amarillo ISD K-5 Lunch Menu October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
MENUS ARE SUBJECT TO CHANGE AT ANY TIME.	<i>Variety of Fresh Fruit & Vegetables Offered Daily</i> <i>Romaine Side Salad Offered Daily</i> <i>Choice of Milk Offered Daily</i> <i>Fat Free, 1%, Skim, & Soy</i> <i>Chocolate, Strawberry, & White</i> <i>All Bread Products are Made with Whole Grain</i>		October 1 Rib-B-Q Sub Cheese Pizza Ham Chef Salad with Whole Grain Roll Scalloped Potatoes Sweet Baby Carrots	October 2 Fish Sticks or Fish Treasures with Whole Grain Roll Hamburger or Cheeseburger Yogurt Plate Mashed Sweet Potatoes Mixed Vegetables
October 5 Beef, Bean, & Cheese Chalupa Pepperoni Pizza Vegetarian Chef Salad with Whole Grain Roll Fiesta Rice Carrots & Peas	October 6 Chicken Alfredo Pasta Salsa Chicken Wrap Chicken Chef Salad with Whole Grain Roll Cucumber Slices Sweet Baby Carrots Seasoned Spinach Apple Crisp	October 7 Steak Fingers with Whole Grain Roll Tomato Soup with Crackers Turkey Chef Salad with Whole Grain Roll Carrot & Celery Sticks Green Beans Mashed Potatoes	October 8 Chicken & Black Bean Nachos Chicken Nuggets Ham Chef Salad with Whole Grain Roll Black Beans with Cheese Confetti Rice Hampton Creek Cookie	October 9 Sack Lunch Turkey & Cheese Sandwich Fruit, Chips, Choice of Milk
October 12 Turkey Melt Sandwich Crispy or Soft Beef Tacos Vegetarian Chef Salad with Whole Grain Roll Broccoli, Carrots, & Cherry Tomatoes Fiesta Rice Sweet Baby Carrots	October 13 Meat Lasagna with Whole Grain Roll Chicken Rings with Whole Grain Roll Chicken Chef Salad with Whole Grain Roll Green Beans Mashed Sweet Potatoes Blueberry Crisp	October 14 Corndogs Meatloaf with Whole Grain Roll Turkey Chef Salad with Whole Grain Roll Broccoli with Cheese Mashed Potatoes	October 15 Cheese Enchiladas Chicken Tenders with Whole Grain Roll Ham Chef Salad with Whole Grain Roll Fiesta Rice Pinto Beans	October 16 Hamburger or Cheeseburger Cheese Pizza Yogurt Plate with Granola Seasoned Spinach Mixed Vegetables
October 19 Bar-B-Q Sandwich Chicken Nuggets with Whole Grain Roll Vegetarian Chef Salad with Whole Grain Roll Baked Beans Baked Potato Rounds	October 20 Cheeseburger Macaroni Pepperoni Pizza Chicken Chef Salad with Whole Grain Roll Buttered Sweet Corn Spinach Peach Crisp	October 21 Lemon Pepper Chicken Salisbury Steak with Whole Grain Roll Turkey Chef Salad with Whole Grain Roll Green Beans Mashed Potatoes	October 22 Chili Dog with Homemade Chili Popcorn Chicken with Whole Grain Roll Ham Chef Salad with Whole Grain Roll Macaroni & Cheese Peas & Carrots Hampton Creek Cookie	October 23 Grilled Cheese Sandwich Hamburger or Cheeseburger Yogurt Plate Corn on the Cob Ranch Beans Sweet Baby Carrots
October 26 Chicken Fajitas Ham & Cheese Wrap Vegetarian Chef Salad with Whole Grain Roll Fiesta Rice Refried Beans	October 27 Chicken Fried Steak with Whole Grain Roll Grilled Chicken Sandwich Chicken Chef Salad with Whole Grain Roll Mashed Potatoes Sweet Peas Cherry Crisp	October 28 Chicken Rings with Whole Grain Roll Spaghetti Bake Turkey Chef Salad with Whole Grain Roll Broccoli with Cheese Confetti Rice	October 29 Rib-B-Q Sub Cheese Pizza Ham Chef Salad with Whole Grain Roll Scalloped Potatoes Sweet Baby Carrots	October 30 Fish Sticks or Fish Treasures with Whole Grain Roll Hamburger or Cheeseburger Yogurt Plate Mashed Sweet Potatoes Mixed Vegetables HALLOWEEN SPECIAL Chillin' Bat Orange Cup

Denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients.

All Balanced Choices meals include a choice of 1% or less milk.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.