


# OCTOBER 2018

Visit us online for nutrition information and more!

[www.polk-fl.net](http://www.polk-fl.net) search keyword: Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Drumsticks w/Rice  Broccoli Fresh Veggie Tray Fresh Fruit	2 Shepherd's Pie  Green Peas Fresh Veggie Tray Chilled Fruit	3 Cheesy Fish Sandwich  <b>EARLY RELEASE DAY</b> Corn on the Cobb Fresh Veggie Tray Fresh Fruit	4 Korean BBQ Taco  Winter Blend Veggies Fresh Veggie Tray w/Slaw Chilled Fruit	5 Cheeseburger  French Fries Fresh Veggie Tray Applesauce
8 Chicken Patty Sandwich  Sweet Potato Fries Fresh Veggie Tray Fresh Fruit	9 Crunchy Beef Tacos w/Chips & Salsa  Pinto Beans Fresh Veggie Tray Chilled Fruit	10 Fish Nuggets w/Macaroni & Cheese  Green Beans Fresh Veggie Tray Fresh Fruit	11 Cuban Sandwich  Black Beans Fresh Veggie Tray Chilled Fruit	12 Pizza  Corn Fresh Veggie Tray Frozen Fruit Cup
15 NO SCHOOL  	16 Chicken Bites w/WW Roll   Carrots Fresh Veggie Tray Chilled Fruit	17 Alfredo with a Twist  Broccoli Fresh Veggie Tray Fresh Fruit	18 Cheeseburger   French Fries Fresh Veggie Tray Chilled Fruit	19 Fiestada Pizza  Caribbean Blend Veggies Fresh Veggie Tray Applesauce
22 Chili w/Cheesy Breadstick  Potato Wedges Fresh Veggie Tray Fresh Fruit	23 Chicken Tenders w/Biscuit  Green Beans Fresh Veggie Tray Chilled Fruit	24 Baked Ziti w/WG Breadstick  Cali Blend Veggies Fresh Veggie Tray Fresh Fruit	25 Monte Cristo Sandwich  Sweet Potato Tots Fresh Veggie Tray Chilled Fruit	26 Pizza  Corn on the Cob Fresh Veggie Tray Frozen Fruit Cup
29 Chicken Drumsticks w/Rice  Broccoli Fresh Veggie Tray Fresh Fruit	30 Shepherd's Pie  Green Peas Fresh Veggie Tray Chilled Fruit	31 Cheesy Fish Sandwich   Baked Beans Fresh Veggie Tray Fresh Fruit		

Student may choose one entrée and three sides. A variety of milk is offered daily.  
Menu is subject to change without notice.



**A SALAD & SANDWICH CHOICE WILL BE OFFERED DAILY.**

**NATIONAL SCHOOL LUNCH WEEK - OCTOBER 16TH - 19TH**

