

# October 2020

## Elementary Lunch Menu & After School Snack

### LUNCH



**Milk is offered with all meals.  
Menus are subject to change.  
Number following item indicates carbs.**



**\*Items are a pork product.**



**We are always looking for Food Service Substitutes.  
Contact Human Resources today!**



**Waterloo Community School District is an Equal Opportunity Employer.**

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Chili Crispito 44  
Sunbutter Box 65  
Refried Beans 15  
Mini Carrots 4  
Peach Cup 18  
After School Snack  
Campfire S'more 24

5

Chicken Taco 10  
Yogurt Box 79  
Potato Wedges 17  
Cucumbers 1  
Pear Cup 18  
After School Snack  
String Cheese 1  
Grape Juice 28

6

Grilled Chicken Sand. 33  
Pretzel/ Cheese Box 98  
Peas 13  
Romaine Lettuce Salad  
Cinnamon Apples 29  
After School Snack  
Yogurt 15  
Animal Crackers 21

7

Breaded Chicken Sand. 45  
Meat & Cheese Box Meal 69  
Steamed Carrots 7  
Fresh Broccoli 1  
Mandarin Orange Cup 17  
After School Snack  
Butterscotch Bar 24

1

Cheese Pizza 32  
Pretzel/ Cheese Box 98  
Mashed Potatoes 17 Gravy 3  
Romaine Lettuce Salad  
Mixed Fruit Cup 18  
After School Snack  
Cinnamon crunch bar 40  
Grape Juice 28

2

Chicken Strips 13  
Sunbutter Box 65  
Cheesy Potatoes 17  
Cole Slaw 12  
Peach Cup 18  
After School Snack  
Yogurt 15  
cookies 22

12

Hamburger 33  
Topper cup  
Yogurt Box 79  
Refried Beans 15  
Pear Cup 18  
After School Snack  
Frootloop Pouch 24

13

Turkey & Gravy 2 Biscuit 24  
Pretzel/ Cheese Box 98  
Mixed Vegetables 12  
Cherry Tomato 1  
Sour Cherry Slushie 20  
After School Snack  
Bear Grahams 21  
Apple Juice 20

14

Mandarin Chicken 19  
Brown Rice 21  
Meat & Cheese Box Meal 69  
Broccoli w/ Cheese 5  
Cherry Tomato 1  
Mandarin Orange Cup 17  
After School Snack  
Goldfish 16

8

Cheese Pizza 32  
Pretzel/ Cheese Box 98  
Mashed Potatoes 17  
Fresh Broccoli 1  
Mixed Fruit Cup 18  
After School Snack  
Campfire S'more 24  
Apple Juice 20

9

Hamburger 33  
Sunbutter Box 65  
Sweet Pot Crinkles 17  
Romaine Lettuce Salad  
Peach Cup 18  
After School Snack  
Butterscotch Bar 24

19

Taco 11  
Yogurt Box 79  
Refried Beans 15  
Cherry Tomato 1  
Pear Cup 18  
After School Snack  
String Cheese 1  
Grape Juice 28

20

Macaroni & Cheese 33  
Pretzel/ Cheese Box 98  
Green Beans 6  
Romaine Lettuce Salad  
Flavored Applesauce 29  
After School Snack  
Yogurt 15  
Animal Crackers 21

21

Sweet & Sour Chicken 34  
Brown Rice 21  
Meat & Cheese Box Meal 69  
Steamed Broccoli 4  
Cucumbers 3  
Mandarin Orange Cup 17  
After School Snack  
Goldfish 16

22

Cheese Pizza 32  
Deli Sandwich Box Meal 95  
Potato Wedges 17  
Mini Carrots 4  
Mixed Fruit Cup 18  
After School Snack  
Poptart, Strawberry 37  
Apple Juice 20

23

Chicken Nuggets 12  
Sunbutter Box 65  
Baked Beans 29  
Cherry Tomato 1  
Peach Cup 18  
After School Snack  
Yogurt 15  
Cookies 22

26

Fish Sandwich 47  
Yogurt Box 79  
Corn 16  
Cole Slaw 12  
Pear Cup 18  
Breaded Turkey Sand. 44  
After School Snack  
Frootloop Pouch 24

27

Hamburger 33  
Topper cup  
Pretzel/ Cheese Box 98  
Peas 13  
Raspberry Slushie 20  
After School Snack  
Bear Grahams 21  
Apple Juice 20

28

Breaded Chicken Sand. 45  
Meat & Cheese Box Meal 69  
Steamed Carrots 7  
Fresh Broccoli 1  
Mandarin Orange Cup 17  
After School Snack  
Butterscotch Bar 24

29

Cheese Pizza 32  
Pretzel/ Cheese Box 98  
Mashed Potatoes 17 Gravy 3  
Romaine Lettuce Salad  
Mixed Fruit Cup 18  
After School Snack  
Tortilla Chips 18  
Grape Juice 28

30