

preferredmeals
an elior company
Lunch

CITRUS SPRINGS

LUNCH K-8

Monday	Tuesday	Wednesday	Thursday	Friday
October 1, 2018	**October 2, 2018**	**October 3, 2018**	**October 4, 2018**	**October 5, 2018**
CHICKEN & GREEN CHILE TAMALE or CHEESEBURGER ^ Mustard Ketchup Hot Sauce Whole Kernel Corn Diced Pears Choice of Milk	SPAGHETTI & MEATBALLS ^ Breadstick (IW)^ BBQ CHICKEN SANDWICH^ with DICED CARROTS Fresh Zucchini Slices Orange-Tangerine Juice Choice of Milk	ORANGE CHICKEN with BROCCOLI or CHEESE LASAGNA With TOMATO SAUCE & BROCCOLI Fresh Red Pepper Slices Pineapple Tidbits Choice of Milk	TOSTADA BOWL or BEAN & CHEESE PUPUSA Jalapenos Fiesta Beans Fresh Fruit Hot Sauce Taco Sauce Choice of Milk	MONTEREY CHICKEN SANDWICH^ or CORN DOG ON A STICK Ketchup Mustard BBQ Sauce Country Blend Vegetables Fresh Fruit Choice of Milk
October 8, 2018	**October 9, 2018**	**October 10, 2018**	**October 11, 2018**	**October 12, 2018**
BEEF CHILI DOG^ or CHICKEN QUESO BURRITO ^ Vegetarian Chili Jalapenos Ketchup Mustard Blended Fruit Juice Choice of Milk	TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI or PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Green Peppers Fresh Fruit Chocolate Cookie ^ Choice of Milk	GENERAL TSO'S CHICKEN (with noodles & broccoli) Fresh Cauliflower Florets Light Ranch Dressing Fresh Fruit Choice of Milk	CRISPY CHICKEN DRUMSTICK ^ or SALISBURY STEAK WITH GRAVY & MASHED POTATOES BBQ Sauce Corn Muffin ^ Fresh Red Pepper Slices Light Ranch Dressing Mixed Fruit Cup Choice of Milk	FRENCH TOAST STICKS W/SAUSAGE ^ or CHICKEN ALFREDO PASTA ^ Syrup Wango Mango Juice Diced Peaches Choice of Milk
October 15, 2018	**October 16, 2018**	**October 17, 2018**	**October 18, 2018**	**October 19, 2018**
SANTA FE CHICKEN SANDWICH or RANCH TURKEY BURGER^ Diced Carrots Mustard Light Ranch Dressing Applesauce Cup Choice of Milk Ketchup Fresh Crunchy Celery Sticks	CHEESE PUPUSA or POPCORN CHICKEN ^ BBQ Sauce Fiesta Beans Jalapenos Hot Sauce Grape Juice Choice of Milk	BBQ CHICKEN SANDIWCH^ or SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup SunSet Sip Juice Diced Peaches Choice of Milk	CHEESEBURGER^ or CHICKEN NUGGETS W/POTATO ROUNDS French Fries Mustard BBQ Sauce Fresh Cucumber Slices Fresh Fruit Ketchup Choice of Milk	CHICKEN ALFREDO PASTA ^ Breadstick (IW)^ or NACHO COMBO CHILI Tortilla Rounds ^ Broccoli Fresh Fruit Choice of Milk
October 22, 2018	**October 23, 2018**	**October 24, 2018**	**October 25, 2018**	**October 26, 2018**
CORN DOG ON A STICK or CHICKEN & GREEN CHILE TAMALE Mustard Ketchup Fresh Jicama Sticks Mixed Fruit Cup Choice of Milk	CHICKEN QUESO BURRITO ^ or SOFT TACO^ Salsa Cup Refried Beans Applesauce Cup Choice of Milk	MONTEREY CHICKEN SANDWICH^ or SALISBURY STEAK WITH GRAVY & MASHED POTATOES Wrapped Sliced Bread ^ Fresh Cauliflower Florets Fresh Fruit Choice of Milk	GENERAL TSO'S CHICKEN (with noodles & broccoli) or SPAGHETTI & MEATBALLS^ Fresh Red Pepper Slices Light Ranch Dressing Strawberry-Kiwi Juice Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce or ORANGE CHICKEN with BROCCOLI Breadstick (IW)^ Fresh Baby Spinach Light Ranch Dressing Diced Peaches Choice of Milk
October 29, 2018	**October 30, 2018**	**October 31, 2018**	**November 1, 2018**	**November 2, 2018**
SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ or TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI Broccoli Salsa Fresh Crunchy Celery Sticks Light Ranch Dressing Fresh Fruit Choice of Milk	CHICKEN NUGGETS or FRENCH TOAST STICKS W/SAUSAGE ^ Syrup Potato Rounds BBQ Sauce Fresh Cucumber Slices Light Ranch Dressing Apple Juice Ketchup Choice of Milk	RANCH TURKEY BURGER^ or BEEF CHILI DOG^ Maple Baked Beans Chipotle Ranch Mustard Baby Carrots Light Ranch Dressing Mixed Fruit Cup Ketchup Choice of Milk		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

