

OCTOBER

MALLARD CREEK STEM ACADEMY L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	RIB-B-QUE CRISPY CHICKEN PATTY ^ Hamburger Bun ^ French Fries Diced Peaches BBQ Sauce Ketchup Choice of Milk	MEATLOAF PANINI ^ Fresh Baby Carrots Light Ranch Dressing HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Green Beans Diced Pears Chocolate Cookie ^ Mustard Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ CHICKEN NUGGETS ^ Corn Diced Carrots Sliced Apples Salsa BBQ Sauce Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ CHEESEBURGER Hamburger Bun ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Banana BBQ Sauce Mustard Ketchup Choice of Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
PANCAKES & SAUSAGE ^ CHEESE PIZZA ^ Tropical Veggie Juice Applesauce Cup Syrup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Mixed Fruit Cup Ketchup Choice of Milk	PEPPERONI PIZZA ^ HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Broccoli Orange Juice Mustard Ketchup Choice of Milk	MINI CORN DOGS ^ CHICKEN NUGGETS ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Orange Mustard BBQ Sauce Ketchup Choice of Milk	ITALIAN CHICKEN PARMESAN ^ CHEESEBURGER Hamburger Bun ^ Country Vegetables Fresh Banana Mustard Ketchup Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
Breadstick ^ CHEESE PIZZA ^ Green Beans Applesauce Cup Choice of Milk CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	BAGEL DOG ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Golden Potato Rounds Diced Pears BBQ Sauce Ketchup Mustard Choice of Milk	CHICKEN TACO Tortilla Chips ^ HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Fiesta Beans Fresh Banana Mustard Ketchup Choice of Milk	*NATIONAL PASTA DAY* PENNE PASTA W/MEAT SAUCE ^ CHICKEN NUGGETS ^ Mixed Vegetables Diced Peaches BBQ Sauce Choice of Milk	TERIYAKI CHICKEN PATTY CHEESEBURGER Hamburger Bun ^ Broccoli Fresh Baby Carrots Light Ranch Dressing Orange Juice Mustard Ketchup Choice of Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
DELI SUB SANDWICH ^ Mustard CHEESE PIZZA ^ Mixed Vegetables Orange Juice Choice of Milk	BBQ Sauce Choice of Milk TURKEY HAM & CHEESE PANINI ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Maple Baked Beans Sun Splash Veggie Juice Diced Pears Mustard	CHICKEN QUESO BURRITO ^ HOT DOG Hot Dog Bun ^ Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Banana Salsa Mustard Ketchup Choice of Milk	FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Country Blend Vegetables Sliced Apples Honey Mustard Cup Choice of Milk	BBQ CHICKEN CHEESEBURGER Hamburger Bun ^ French Fries Diced Peaches Mustard Ketchup Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
POPCORN CHICKEN ^ BBQ Sauce CHEESE PIZZA ^ Corn Mixed Fruit Cup Choice of Milk	RANCH TURKEY BURGER CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Golden Potato Rounds Orange Juice Mustard Ketchup Chipotle Ranch Choice of Milk	MACARONI & CHEESE HOT DOG Hot Dog Bun ^ Broccoli Fresh Orange Mustard Ketchup Choice of Milk	SLOPPY JOE Hamburger Bun ^ CHICKEN NUGGETS ^ Breadstick ^ Fresh Baby Carrots Light Ranch Dressing Maple Baked Beans Applesauce Cup BBQ Sauce 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.

www.preferredmeals.com

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-01-2019	RIB-B-QUE							X	
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^							X	X
	French Fries							X	
	Diced Peaches								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
10-02-2019	MEATLOAF PANINI ^	X						X	X
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^							X	X
	Green Beans								
	Diced Pears								
	Chocolate Cookie ^							X	X
	Mustard								
	Ketchup								
	Choice of Milk	X							
10-03-2019	CHEESY TACO MEAT	X						X	
	Tortilla Chips ^								
	CHICKEN NUGGETS ^							X	X
	Corn								
	Diced Carrots								
	Sliced Apples								
	Salsa								
	BBQ Sauce							X	
	Choice of Milk	X							
10-04-2019	CHICKEN DRUMSTICK								
	Corn Muffin ^								X
	CHEESEBURGER	X						X	
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-07-2019	PANCAKES & SAUSAGE ^	X	X					X	X
	CHEESE PIZZA ^	X						X	X
	Tropical Veggie Juice								
	Applesauce Cup								
	Syrup								
	Choice of Milk	X							
10-08-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^							X	X
	Potato Wedges							X	
	Mixed Fruit Cup								
	Ketchup								
	Choice of Milk	X							
10-09-2019	PEPPERONI PIZZA ^	X						X	X
	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^							X	X
	Broccoli								
	Orange Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
10-10-2019	MINI CORN DOGS ^	X	X					X	X
	CHICKEN NUGGETS ^							X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	Mustard								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
10-11-2019	ITALIAN CHICKEN PARMESAN ^	X						X	X
	CHEESEBURGER	X						X	
	Hamburger Bun ^							X	X
	Country Vegetables								
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-14-2019	Breadstick ^							X	X
	CHEESE PIZZA ^	X						X	X
	Green Beans								
	Applesauce Cup								
	Choice of Milk	X							
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
10-15-2019	BAGEL DOG ^							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^							X	X
	Golden Potato Rounds							X	
	Diced Pears								
	BBQ Sauce							X	
	Ketchup								
	Mustard								
	Choice of Milk	X							
10-16-2019	CHICKEN TACO	X							
	Tortilla Chips ^								
	HOT DOG W/ POTATO ROUNDS							X	
	Hot Dog Bun ^							X	X
	Fiesta Beans								
	Fresh Banana								
	Mustard								
	Ketchup								
Choice of Milk	X								
10-17-2019	*NATIONAL PASTA DAY*								
	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	CHICKEN NUGGETS ^							X	X
	Mixed Vegetables								
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-18-2019	TERIYAKI CHICKEN PATTY							X	X
	CHEESEBURGER	X						X	
	Hamburger Bun ^							X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Orange Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
10-21-2019	DELI SUB SANDWICH ^	X						X	X
	Mustard								
	CHEESE PIZZA ^	X						X	X
	Mixed Vegetables								
	Orange Juice								
	Choice of Milk	X							
10-22-2019	BBQ Sauce							X	
	Choice of Milk	X							
	TURKEY HAM & CHEESE PANINI ^	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Sun Splash Veggie Juice								
	Diced Pears								
	Mustard								
10-23-2019	CHICKEN QUESO BURRITO ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^							X	X
	Broccoli								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Salsa								
	Mustard								
	Ketchup								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-24-2019	FRENCH BREAD								
	CHEESE PIZZA^	X							X
	CHICKEN NUGGETS ^							X	X
	Country Blend Vegetables								
	Sliced Apples								
	Honey Mustard Cup			X					
	Choice of Milk	X							
10-25-2019	BBQ CHICKEN							X	
	CHEESEBURGER	X						X	
	Hamburger Bun ^							X	X
	French Fries							X	
	Diced Peaches								
	Mustard								
	Ketchup								
	Choice of Milk	X							
10-28-2019	POPCORN CHICKEN ^							X	X
	BBQ Sauce							X	
	CHEESE PIZZA ^	X						X	X
	Corn								
	Mixed Fruit Cup								
	Choice of Milk	X							
10-29-2019	RANCH TURKEY BURGER	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^							X	X
	Golden Potato Rounds							X	
	Orange Juice								
	Mustard								
	Ketchup								
	Chipotle Ranch	X	X						
	Choice of Milk	X							
10-30-2019	MACARONI & CHEESE	X						X	X
	HOT DOG								
	Hot Dog Bun ^							X	X
	Broccoli								
	Fresh Orange								
	Mustard								
	Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
10-31-2019	SLOPPY JOE							X	
	Hamburger Bun ^							X	X
	CHICKEN NUGGETS ^							X	X
	Breadstick ^							X	X
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Maple Baked Beans								
	Applesauce Cup								
	BBQ Sauce							X	
	Choice of Milk	X							