

Wilshire Park Lunch Menu

October 2017

Nutrition Services is proud to offer Minnesota Thursday! Watch for the local menu the first Thursday of each month!



Meal Prices

Breakfast \$ 2.00

Lunch \$ 2.65

Adult Breakfast \$ 2.50

Adult Lunch \$4.00

Milk \$.55






The menu is subject to change without notice.

May contain allergens including but not limited to eggs, wheat, soy, dairy, & fish. Substitutes available with physician's statement.



www.shutterstock.com - 312252818

Monday	Tuesday	Wednesday	Thursday	Friday
2 Swedish Meatball Over Egg Noodles Macaroni & Cheese Mixed Vegetables Mandarin Oranges	3 Chicken Fajita Whole Grain Tortilla Fiesta Back Bean Steamed Brown Rice Roasted Pepper & Onion Jonny Pop on a Stick	4 Chicken Nuggets Potato Salad Cheese Calzone Steamed Green Beans Chilled Applesauce	5 Roasted Chicken Drumstick Barbeque Dipping Sauce Soybutter and Jelly Sandwich Mozzarella Cheese Stick Parmesan Roasted Broccoli Whole Grain Dinner Roll Chilled Peaches 	6 Beef Meatballs w/ Marinara Sauce on Hot Dog Bun Baked Whole Grain Ziti w/ Marinara Sauce Steamed Carrot Coins Fresh Tropical Kiwi
9 Cheese Lasagna Roll Up Garlic Toast Mozzarella Cheese Smoked Turkey & Cheese on WG Hoagie Whole Grain Sub Bun Steamed Broccoli Chilled Pears	10 Beefy Nachos Veggie Cheese Nachos Whole Grain Tortilla Rounds Fresh Nacho Fixings Fiesta Back Bean Chilled Peaches	11 Sweet and Sour Chicken Sweet & Sour Tofu Over Steamed Brown Rice Stir Fry Vegetables Frosty Pineapple Tidbits Fortune Cookie	12 Whole Grain Pasta w/ Beef Meatballs w/ Marinara Sauce Garlic Toast Garden Green Beans Fresh Crisp Apple 	13 Hamburger Veggie Patty WG Hamburger Bun Baby Red Potatoes Chilled Fruit Cocktail Chocolate Chip Cookie
16 Smothered Beef Burrito Poblano Chile & Cheese Enchiladas Sour Cream and Salsa Red Pepper Strips Mexican Rice Mandarin Oranges Mini Churro with Cinnamon Sugar	17 Cheesy Italian Pizza Pepperoni Pizza Whole Grain Bread Stick Garden Peas Cinnamon Applesauce	18 Whole Grain French Toast Sticks Chicken Sausage Patty Roasted Turkey & Cheese Whole Grain Sub Bun Oven Baked Tri Tator Strawberry Compote	19 NO SCHOOL Fall Recess 	20 NO SCHOOL Fall Recess
23 Chicken Mashed Potato Bowl { } Whipped Potatoes Popcorn Chicken Gravy Shredded Cheese Golden Corn Baked Buttermilk Biscuit Frosty Pineapple Tidbits	24 Teriyaki Chicken Rice Bowl Teriyaki Tofu Steamed Brown Rice Szechuan Green Beans Chilled Pears Rich Banana Pudding	25 Beef Burrito Bean & Cheese Burrito Roasted Pepper & Onion Fiesta Back Bean Chilled Fruit Cocktail	26 Cheesy French Bread with Marinara Sauce Smoked Turkey & Cheese on WG Hoagie Whole Grain Sub Bun Cauliflower Frosty Pineapple Tidbits	27 Pasta Alfredo Garlic Pepper Chicken w/ Whole Grain Rotini Garlic Toast Steamed Broccoli Mandarin Oranges
30 Scrambled Eggs Belgian Waffle Sticks Roasted Turkey & Cheese Whole Grain Bun American Fries Sweetened Strawberries WG Blueberry Muffin	31 Whole Grain Pasta w/ Meat Sauce or Marinara Sauce Parmesan Cheese Steamed Broccoli Chilled Applesauce	<p>Salad bar, fresh fruit, and low fat milk available daily. Soybutter & Grape Jelly Sandwiches available M-W-F</p> <p>USDA and Roseville Area Schools are equal opportunity providers and employers.</p>		