

## Merton Intermediate October 2017 Lunch Menu

Prices:  
Student Lunch: \$3.25 Tier 2 - \$3.75 Reduced Lunch:  
\$0.40 Adult Lunch: \$4.05 Milk: \$0.25

Lunch price includes any entree, up to 3 vegetable side dishes, 1 fruit side dish, and milk. Milk choices are skim chocolate, skim white, and 1% white.

Monday	Tuesday	Wednesday	Thursday	Friday	 <b>Hot Grab &amp; Go Items</b>
2 <b>Breaded Chicken Alfredo</b> <b>Penne Pasta</b>	3 Chili Dog Seasoned Carrots	4 <b>BBQ Chicken Sandwich</b> Baked Beans	5 <b>Italian Stromboli</b> Seasoned Corn	6 <b>French Toast</b> Sausage Patty & Tator Tots	
9 <b>Breaded Chicken Alfredo</b> <b>Penne Pasta</b> Seasoned Broccoli	10 Chicken Quesadilla Mexicali Corn	11 <b>Orange Chicken</b> Brown Rice & Peas	12 Sloppy Joe Baked Beans	13 <b>Mashed Potato Chicken Bowl</b> Seasoned Corn	 <b>Homemade Pizza</b>  <b>Cheese and Peperoni Pizza Offered Daily</b>
16 <b>Breaded Chicken Alfredo</b> <b>Penne Pasta</b> Seasoned Broccoli	17 <b>Spaghetti with Italian Meat Sauce</b> Steamed Carrots	18 <b>Philly Cheesesteak</b> Potato Wedges	19 <b>Teriyaki Chicken</b> Brown Rice & Peas	20 <b>French Toast</b> Sausage Patty & Tator Tots	
23 <b>Breaded Chicken Alfredo</b> <b>Penne Pasta</b> Seasoned Broccoli	24 <b>Sweet Chili Chicken</b> Sliced Carrots Brown Rice	25 <b>Baked Potato Bar</b> W/ Chili Seasoned Broccoli	26 No School	27 <b>No School</b>	 <b>Cold Grab-and-Go</b>  <b>Tuesdays/Thursdays: Tacos/Nachos</b>
30 <b>Breaded Chicken Alfredo</b> <b>Penne Pasta</b>	31 <b>Buffalo Popcorn Chicken</b> Seasoned Corn				

**Salad Bar with a variety of fresh fruits and veggies available daily**

**Questions or comments?**  
 Contact Logan Wilson  
 Food Service Director,  
 at 262-369-6750

<b>2</b>	Western Style Kindey Beans Fresh Cucumber Coins Fresh Baby Carrots Assorted Fresh Fruit	<b>3</b>	Three Bean Salad Fresh Red Pepper Strips Cinnamon Apple Slices Assorted Fresh Fruit	<b>4</b>	SALAD BAR Romaine, assorted vegetables, beans, cheese, and homemade croutons with assorted dressing	<b>5</b>	Citrus Bean Salad Fresh Broccoli Chilled Pears Assorted Fresh Fruit	<b>6</b>	Sweet Corn Salad Fresh Green Pepper Strips Chilled Mandarin Oranges Assorted Fresh Fruit
<b>9</b>	Sliced Cucumbers Red Bell Pepper Strips Chilled Cinnamon Applesauce	<b>10</b>	Homemade Ranch Hummus Fresh Red Pepper Strips Cinnamon Apple Slices Assorted Fresh Fruit	<b>11</b>	SALAD BAR Romaine, assorted vegetables, beans, cheese, and homemade croutons with assorted dressing	<b>12</b>	Moroccan Chickpea Salad Fresh Celery Sticks Strawberries Assorted Fresh Fruit	<b>13</b>	Potato Salad Fresh Green Pepper Strips Chilled Mandarin Oranges Assorted Fresh Fruit
<b>16</b>	Western Style Kindey Beans Fresh Cucumber Coins Fresh Baby Carrots	<b>17</b>	Three Bean Salad Fresh Red Pepper Strips Cinnamon Apple Slices	<b>18</b>	SALAD BAR Romaine, assorted vegetables, beans, cheese, and homemade croutons with assorted dressing	<b>19</b>	Citrus Bean Salad Fresh Broccoli Chilled Pears Assorted Fresh Fruit	<b>20</b>	Sweet Corn Salad Fresh Green Pepper Strips Chilled Mandarin Oranges Assorted Fresh Fruit
<b>23</b>	Sliced Cucumbers Red Bell Pepper Strips Chilled Cinnamon Applesauce	<b>24</b>	Three Bean Salad Fresh Red Pepper Strips Cinnamon Apple Slices Assorted Fresh Fruit	<b>25</b>	SALAD BAR Romaine, assorted vegetables, beans, cheese, and homemade croutons with assorted dressing	<b>26</b>		<b>27</b>	
<b>30</b>	Fresh Broccoli Fresh Cucumber Coins Fresh Baby Carrots Chilled Pineapple Assorted Fresh Fruit	<b>31</b>	Three Bean Salad Fresh Red Pepper Strips Cinnamon Apple Slices Assorted Fresh Fruit						

**Our Nutrition Guidelines:**

- Provide deeply colored, nutrient dense, and fiber rich fruits and vegetables.**
- Provide whole grain foods, such as whole grain pasta, bread, buns, and brown rice.**
- Encourage lean proteins.**

This Institution is an equal opportunity Provider