



October 2015

Desert Heights Charter K-4

LUNCH MENU

To order go to <https://nutritiononeslp.orderlunches.com>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meal Selections Daily A La Carte Beverage Choices: 4 oz 100% Juice (.50¢) 8 oz Fat Free Chocolate Milk (.50¢) 8 oz 1% Milk (.50¢) 8 oz Bottled Water (.50¢)	* Turkey Subs offered daily		1 * Spaghetti & Meatballs * Buffalo Chicken Shaker Salad w/ WG crackers - w/ Celery Sticks & Peaches & Strawberries	2 * Grilled Cheese Sandwich * Taco Shaker Salad w/ WG crackers - w/ Tater Tots & Orange
5 * BBQ Beef Sandwich * Taco Shaker Salad w/ WG crackers - w/ Fresh Broccoli, Ranch Dressing & 100% Apple Juice	6 * Turkey Dog * Cobb-ilicious Shaker Salad w/ WG crackers - w/ Tater Tots & Green Apple	7 * Sardella's Cheese Pizza * Ranch Chicken Shaker Salad w/ WG Crackers - w/ Cucumber Wedges & 100% Fruit Punch	8 * Pizza Quesadilla * Buffalo Chicken Shaker Salad w/ WG Crackers - w/ Pumpkin Pudding & Gala Apple	9 * Chicken Soft Taco * Pizza Shaker Salad w/ WG crackers - w/ Refried Beans & Grapes
12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL
19 * Cheesy Breadsticks w/ Marinara * Pizza Shaker Salad w/ WG crackers - w/ Pumpkin Pudding & Gala Apple	20 * Orange Chicken Bowl w/ WG Rice * Taco Shaker Salad w/ WG crackers - w/ Celery Sticks & Pear	21 * Sardella's Cheese Pizza * Ranch Chicken Shaker Salad w/ WG crackers - w/ Cucumber Wedges & 100% Fruit Punch	22 * Popcorn Chicken & Mashed Potatoes Bowl * Cobb-ilicious Shaker Salad w/ WG crackers - Red Apple	23 * Beef Soft Taco * Buffalo Chicken Shaker Salad w/ WG crackers - w/ Refried Beans & 100% Orange Juice
26 * Bean & Cheese Burrito * Pizza Shaker Salad w/ WG crackers - w/ Carrot Sticks & 100% Fruit Punch	27 * Chicken Pot Pie w/ Mashed Potatoes & Corn * Taco Shaker Salad w/ WG crackers - w/ Gala Apple	28 * Sardella's Cheese Pizza * Buffalo Chicken Shaker Salad w/ WG crackers - w/ Cucumber Wedges & 100% Orange Juice	29 * Chicken Tenders * Ranch Chicken Shaker Salad w/ WG crackers - w/ Fresh Broccoli, Ranch Dressing & Pear	30 * Beef Chipotle Bowl w/ WG Rice & Pinto Beans * Cobb-ilicious Shaker Salad w/ WG crackers - w/ Applesauce

* This institution is an equal opportunity provider and employer.

* Menus are subject to change based on product availability.

* WG = whole grain

All meals come with choice of 8 oz. 1% milk or 8 oz. fat free chocolate milk