



OCTOBER | 2017

Sturgeon Bay School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Portesi Flatbread Pizza Marinara dipping sauce Veggies & ranch Fresh fruit	3 Spaghetti & meat balls Garlic breadstick Shredded cheese Salad Fresh Fruit	4 Pancakes Slice of ham Breakfast potatoes Applesauce Strawberries Whipping cream or 100% Pure Door County Maple Syrup Fresh fruit	5 Oriental Orange Chicken Rice Steamed broccoli Sliced sweet bell peppers Mandarin oranges Fresh fruit	6 No School Teacher In-service (Head Start & St. John Bosco class session lunch = chicken alfredo with a twist, garlic toast, veggies, fruit)
9 Tony's Pizza Slice Salad with veggies Fresh fruit	10 Beefy Nachos Shredded cheese Refried beans-Rice Chips-Salsa-Tomatoes Lettuce-Black olives Sour cream-cheese sauce Fresh fruit	11 Meatballs & gravy Rice Peas & carrots Fresh fruit Cookie	12 Corn dog on a stick Veggies & ranch Fresh fruit GREAT APPLE CRUNCH during lunch time	13 Sloppy Joe Fritos Salad with veggies Fruit slushy Fresh fruit
16 Pizza Dippers Marinara dipping sauce Salad with veggies Fresh fruit	17 Tacos Shredded cheese Beans & Rice Salsa-Tomatoes Lettuce-Black olives Sour cream Fresh fruit	18 Spaghetti & meat sauce with curly noodles Shredded cheese Garlic bread Salad Fresh fruit	19 Turkey & Gravy Mashed potatoes Corn Dinner roll Cranberries Fresh fruit	20 Sub Sandwich Sweet potato fries Pickle spear Veggies & ranch Fresh fruit
23 Personal Pan Pizza Salad with veggies Fresh fruit	24 Chicken tacos Soft tortilla shells Shredded cheese- Salsa-Tomatoes Lettuce-Black olives Sour cream-cheese sauce Fresh fruit	25 French Toast Sticks Breakfast potatoes Sliced sweet bell peppers Applesauce Strawberries Whipping cream or 100% Pure Door County Maple Syrup Fresh fruit	26 Sliced Pork & gravy Mashed potatoes Green beans Dinner roll Hershey's Kiss	27 Hamburger or cheeseburger Slices of lettuce and tomato Baked beans Pickle slices Veggies & ranch Fresh fruit
30 Pepponi Pizza Slice Salad with veggies Fresh fruit	31 Chicken Halloween Nuggets Mac & cheese Veggies & ranch Fresh fruit			



People around the Great Lakes will all be crunching and eating local apples on Oct 12 at noontime. Each school will be participating, ask your child what they thought of their apple!

Reminder - families can apply for free or reduced meals at any time during the year. Find the application within school food service tab on the school website. We can also mail an application to you. A free lunch is actually free! Reduced price lunches are \$0.40 and breakfasts are free of charge for both free and reduced meal eligible students.

Every grain served is a whole grain. White skin milk is the milk promoted in the lunch room. Suggestions and comments welcome! ispkule@sturgeon.k12.wi.us Sturgeon Bay Schools is an equal opportunity provider.