



River Falls Elementary October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/2	10/3	NATIONAL TACO DAY	10/5	10/6
Pancakes, Syrup & Scrambled Eggs *BBQ Riblet on Whole Grain Bun Seasoned Sliced Carrots Fresh Sugar Snap Peas Chilled Pears Fresh Local Apples	Chicken Parmesan & Seasoned Pasta Hot Dog on Whole Grain Bun Seasoned Green Beans Fresh Baby Carrots Chilled Mixed Fruit Banana	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa Chicken Fajitas on WG Tortilla Shell Refried Beans Lettuce & Tomato Cup Chilled Pineapple Tidbits Lunch Bunch Grapes	Diced Chicken in Gravy served with Whole Grain Dinner Rolls Fish Sticks & Whole Grain Dinner Roll Mashed Potatoes & Gravy Red & Green Pepper Strips Chilled Peaches Fresh Local Apples	Macaroni & Cheese served with Whole Grain Dinner Roll Turkey & Cheese on Whole Grain Bun Seasoned Broccoli Buds Fresh Baby Carrots Chilled Applesauce Fresh Orange Wedges
NO SCHOOL	10/10	10/11	10/12	10/13
	Cheeseburger on Whole Grain Bun Tater Tot Casserole served with Whole Grain Bread Slices Oven Baked Beans Confetti Coleslaw Chilled Mixed Fruit Banana	Meatballs in Zesty Marinara Sauce served with WG Pasta & Dinner Roll Chicken & Cheese Salad served with Whole Grain Dinner Roll Seasoned Corn Fresh Baby Carrots Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Mini Corn Dogs Italian Meatball Sub on Whole Grain Bun Oven Baked French Fries Caesar Romaine Side Salad Chilled Peaches Fresh Local Apples	Classic Cheese Pizza Teriyaki Glazed Chicken served with Brown Rice Seasoned Sliced Carrots Fresh Broccoli Buds Rosy Applesauce Fresh Orange Wedges
10/16	10/17	10/18	10/19	10/20
Breaded Chicken Patty on Whole Grain Bun Beef A Roni served with Whole Grain Dinner Roll Oven Baked Tater Tots Fresh Cucumber Slices Chilled Pears Fresh Local Apples	French Toast Sticks, Syrup & Scrambled Eggs Chicken Salad on Whole Grain Bun Seasoned Corn Fresh Baby Carrots Chilled Mixed Fruit Banana	Chicken Alfredo Pasta & Whole Grain Dinner Roll *BBQ Riblet on Whole Grain Bun Broccoli & Cheese Sauce Fresh Cauliflower Buds Chilled Pineapple Tidbits Lunch Bunch Grapes	Beef Nachos with Cheese Sauce & Brown Rice Fish Sandwich on Whole Grain Bun Refried Beans Lettuce & Tomato Cups Chilled Peaches Fresh Local Apples	Toasted Cheese Sandwich on Whole Grain Bread Sloppy Joe on Whole Grain Bun Tomato Soup Fresh Baby Carrots Chilled Applesauce Fresh Orange Wedges
10/23	10/24	10/25	10/26	10/27
Cheeseburger on Whole Grain Bun Sweet & Sour Chicken served with Brown Rice Oven Baked French Fries Fresh Cucumbers Slices Chilled Pears Fresh Local Apples	Pizza Dippers served with Marinara Sauce Swedish Meatballs served over Whole Grain Pasta & Dinner Roll Oven Baked Beans Fresh Baby Carrots Chilled Mixed Fruit Banana	Chicken Nuggets served with Whole Grain Dinner Roll Double Cheese Salad served with Whole Grain Dinner Roll Mashed Potatoes & Gravy Fresh Broccoli Buds Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Corn Dog Italian Baked Pasta served with Whole Grain Dinner Roll Oven Baked Tater Tots Fresh Baby Carrots Chilled Peaches Fresh Local Apples	Classic Cheese Pizza *Hot Ham & Cheese on Whole Grain Bun Seasoned Corn Caesar Romaine Side Salad Chilled Applesauce Fresh Orange Wedges
10/30	10/31	<u>FOOD FOCUS TREE FRUITS</u>		
Pancakes, Syrup & Scrambled Eggs *BBQ Riblet on Whole Grain Bun Seasoned Sliced Carrots Fresh Sugar Snap Peas Chilled Pears Fresh Local Apples	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa Chicken Fajitas on WG Tortilla Shell Refried Beans Lettuce & Tomato Cups Chilled Mixed Fruit Banana	<p>*Tree fruits can be eaten in many different forms-fresh, sliced up on a bowl of cereal, mashed like applesauce, canned like sliced peaches and even dried. *Some tree fruits have pits but others have seeds. *That's because they come from different families of plants. *Many tree fruits are high in Vitamin C, which helps with our immune system to keep us from getting sick and to help heal cuts and scrapes. Did you know that most of the fiber in tree fruits comes from the skin?</p>		

A full student lunch includes a choice of entrée supplying a protein and grain, vegetable side dishes, fruit side dishes and a choice of milk. Milk choices include 1%, Skim and Chocolate Skim.

Student Price - \$2.45

Reduced Price - \$.40

Adult price - \$3.70

Milk 1/2 pint - \$.50

Menu is subject to change without notice. Questions or Comments? Please contact Dining Services at 715-425-1830 ext. 3786

* - May Contain Pork WG - Whole Grain

Director of Dining Services: Sherry Bruggeman