

OCTOBER 2019

RUDOLPH - Rudolph Elementary Learning Center

K-8 Diverse Learners Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <ul style="list-style-type: none"> Beef Soft Tacos Bean Soft Tacos Toppings PBJ Sandwich Seasoned Corn Steamed Broccoli Seasonal Fruit 1% Milk Skim Milk Chocolate Skim Milk 	2 <ul style="list-style-type: none"> Chili Cheese Wrap Turkey & Cheese Sandwich Refried Beans Seasoned Green Beans Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	3 <ul style="list-style-type: none"> 1-2 Sandwiches to be offered --- Hot N' Spicy Chicken Patty Sandwich Chicken Patty Sandwich PBJ Sandwich Steamed Carrots Seasoned Broccoli Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	4 <ul style="list-style-type: none"> 1-3 Entrees to be offered --- Cheeseburger Hamburger Toasted Cheese Quesadilla w/ Toppings C.Ham, Turkey & Cheese Sandwich Curly Fries Green Beans Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	5
6	7 <ul style="list-style-type: none"> Cheese Pizza Wedge PBJ Sandwich Steamed Carrots Seasoned Green Beans Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	8 <ul style="list-style-type: none"> Beef Nachos Bean Nachos Toppings C.Ham & Cheese Sandwich PBJ Sandwich Pinto Charro Beans Steamed Carrots Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	9 <ul style="list-style-type: none"> Chicken Nuggets Breadstick PBJ Sandwich Green Beans Seasoned Broccoli Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	10 <ul style="list-style-type: none"> Breaded Catfish Strips Sliced Bread Turkey & Cheese Sandwich PBJ Sandwich Waffle Fries Steamed Carrots Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	11 <ul style="list-style-type: none"> Personal Taco Pizza Toppings PBJ Sandwich Steamed Carrots Seasoned Green Beans Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	12
13 <ul style="list-style-type: none"> OFFERED DAILY We offer a rotation of vitamin and mineral-rich seasonal fresh and cupped fruits. We only use heart-healthy whole grain breads, pastas, and rice in our recipes. Our milk varieties include 1% low fat and fat-free unflavored and flavored choices. 	14	15 <ul style="list-style-type: none"> Cheese Pizza Crunchers PBJ Sandwich Green Beans Steamed Broccoli Seasonal Fruit 1% Milk Skim Milk Chocolate Skim Milk 	16 <ul style="list-style-type: none"> Toasted Grilled Cheese C.Ham & Cheese Sandwich PBJ Sandwich Steamed Carrots Tater Tots Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	17 <ul style="list-style-type: none"> Chicken Nuggets Breadstick Turkey & Cheese Sandwich PBJ Sandwich Seasoned Corn Confetti Salad Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	18 <ul style="list-style-type: none"> BBQ Spaghetti & Chicken Meatballs PBJ Sandwich Green Beans Steamed Carrots Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	19 <ul style="list-style-type: none"> Our menus are pork-free! In peanut-free buildings, SunButter will be substituted. All menus are subject to change. Not all offerings may be available in all buildings.
20	21 <ul style="list-style-type: none"> Baked Mac & Cheese PBJ Sandwich Seasoned Green Beans Steamed Carrots Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	22 <ul style="list-style-type: none"> Chicken Tacos w/ Crunchy Corn Tortillas Crunchy Corn Jerk Chicken Tacos Bean Tacos w/ Crunchy Corn Tortillas Turkey & Cheese Sandwich PBJ Sandwich Refried Beans Steamed Broccoli Seasonal Fruit 1% Milk Skim Milk Chocolate Skim Milk 	23 <ul style="list-style-type: none"> Cheese Pizza Wedge C.Ham, Turkey & Cheese Sandwich PBJ Sandwich Seasoned Green Beans Steamed Carrots Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	24 <ul style="list-style-type: none"> Orange Popcorn Chicken w/ Broccoli Brown Rice PBJ Sandwich Steamed Carrots Seasoned Broccoli Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	25 <ul style="list-style-type: none"> Cheeseburger Hamburger Veggie Burger C.Ham & Cheese Sub PBJ Sandwich Curly Fries Green Beans Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	26
27	28 <ul style="list-style-type: none"> Toasted Grilled Cheese PBJ Sandwich Steamed Carrots Tator Tots Fruit Variety Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	29 <ul style="list-style-type: none"> Chicken Soft Tacos Black Charro Bean Soft Tacos Toppings C. Ham, Turkey & Cheese Sandwich PBJ Sandwich Seasoned Corn Steamed Broccoli Seasonal Fruit 1% Milk Skim Milk Chocolate Skim Milk 	30 <ul style="list-style-type: none"> Cheese Pizza Wedge C.Ham & Cheese Sandwich PBJ Sandwich Steamed Carrots Seasoned Green Beans Seasonal Fruit Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	31 <ul style="list-style-type: none"> Chicken Nuggets Breadstick PBJ Sandwich Steamed Carrots Seasoned Broccoli Seasonal Fruit 1% Milk Skim Milk Chocolate Skim Milk 		