







Gayville-Volin School Lunch Menu

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Menu subject to change</i></p> <p><i>Menu Note – Yogurt may be taken in place of main entrée.</i></p>	Sept 30 STUDENT ENRICHMENT	1 Tangerine Chicken Rice Kiwi Pineapple Tidbits Veggie Bar Choice of Milk	2 Turkey Tortilla Wrap Tri Taters Peach Slices Apple Halves Veggie Bar Choice of Milk	3 Cheese Omelet French Toast/Syrup Grapes Fruit Cocktail Veggie Bar Choice of Milk	4 Homecoming Pizza Kiwi Applesauce Veggie Bar Choice of Milk	
6	7 STUDENT ENRICHMENT	8 Chicken Fried Steak Scalloped Potatoes Pear Slices Kiwi Veggie Bar Dinner Roll Choice of Milk	9 Cheeseburger Macaroni Green Beans Orange Wedges Raisins Veggie Bar Dinner Roll Choice of Milk	10 Chicken Tacos Refried Beans Banana Peach Slices Veggie Bar Choice of Milk	11 BBQ Rib Sandwich Baked Beans Apple Halves Fruit Mix Veggie Bar Choice of Milk	12 <i>Every student is required to have at least ½ cup of fruit or vegetable on their lunch tray.</i>
13 	14 STUDENT ENRICHMENT	15 Beef & Cheese Burrito Steamed Rice Orange Wedges Pear Slices Veggie Bar Choice of Milk	16 Goulash Corn Grapes Pineapple Chunks Veggie Bar Dinner Roll Choice of Milk	17 Fish Nuggets Sliced Potatoes Apple Halves Peach Slices Veggie Bar Dinner Roll Choice of Milk	18 Turkey Croissant Baked Potato Kiwi Applesauce Veggie Bar Choice of Milk	19 
20	21 NO SCHOOL PTC	22 Fiestada Pizza Green Beans & Cheese Fruit Mix Apple Halves Veggie Bar Choice of Milk	23 Spaghetti/Meat Sauce Banana Pear Slices Veggie Bar Bread Stick Choice of Milk	24 Soft Shell Tacos Refried Beans Applesauce Kiwi Veggie Bar Choice of Milk	25 Chicken Sandwich Potato Wedges Orange Wedges Pineapple Chunks Veggie Bar Choice of Milk	26
27 	28 NO SCHOOL	29 Chicken Nuggets Chicken Flavored Rice Applesauce Orange Wedges Veggie Bar Dinner Roll Choice of Milk	30 Pork Chop Au Gratin Potatoes Peach Slices Grapes Veggie Bar Dinner Roll Choice of Milk	31 Chicken Casserole Corn Apple Halves Fruit Cocktail Veggie Bar Dinner Roll Choice of Milk	Nov 1 Hamburger on Bun Baked Beans Pear Slices Raisins Veggie Bar Choice of Milk	