

**ARLINGTON
PUBLIC
SCHOOLS**

**OCTOBER
2018**


**GIBBS
&
OTTOSON
MENU**

LUNCH: \$3.00
MILK ONLY:
\$.75

BREAKFAST
\$1.50
SERVED
DAILY

Please notify
your server
of food
allergies.



MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Tomato soup, grilled cheese panini, fresh baby carrots Fresh apple slices 	Hot and spicy chicken wings, baked crinkle cut fires, fresh veggie sticks & ranch dip strawberries	BBQ Pork ribs on a Whole grain roll Crispy baked onion rings Potato salad Fresh cucumber coins	NATIONAL TACO DAY Hard shell beef tacos Lettuce, tomato, shredded cheese Mexican fiesta rice Black bean & corn salad	Fruit and yogurt parfait, Jumbo soft pretzel Red and green pepper sticks, fresh grapes 
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
 Columbus Day	WORLD EGG DAY Scrambled eggs, French toast sticks, roasted red potatoes mandarin oranges	Homemade Sheppard's Pie ground beef, mashed potatoes and corn, Seasoned green beans, fresh pears	Tangy orange chicken over whole grain rice, fresh seasoned veggies Fortune cookie Kiwi and pineapple cup	Cheese tortellini, fresh broccoli salad, Fresh pears Pudding cup with topping
National School Lunch Week October 15-19 – thank your school lunch staff!				
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Popcorn chicken bowl, sweet corn, mashed potatoes and gravy, Fresh fruit cup Mixed veggies	Baked, breaded Pollack fish sticks, Spinach rice pilaf Seasoned green beans Fresh melon slices	Pasta primavera with fresh veggies over pasta, garlic cheesy breadstick, tossed salad, fresh fruit	Honey BBQ Turkey tips, Warm fresh biscuit BBQ baked beans Mashed potatoes	Turkey, cheese & bacon Panini, baked curly fries, tossed green salad, raisins
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Homemade beef and bean chili Fresh made corn bread Steamed broccoli with parmesan Fresh fruit and veggie choices	Hamburger or black bean veggie burger on a whole wheat roll, lettuce & tomato, baked potato wedges, three bean salad, melon slices	Fresh fruit salad with whole wheat bagel & light cream cheese, yogurt cup Fresh baby carrots & hummus dip 	Hot turkey dinner, honey glazed carrots, mashed potatoes, herbed stuffing, cranberry sauce, warm spiced apples with topping	Baked homemade macaroni & cheese whole grain honey wheat roll, sweet peas Peaches and cream 
MONDAY 29	TUESDAY 30	WEDNESDAY 31	Lunch Payments: Our cafeterias operate primarily using a pre- payment system. Cash is accepted, but prepayments make for less money lost and shorter lines! Payments may be made by check: "Town of Arlington - Food Service" and sent into your child's cafe or by paying online at www.myschoolbucks.com	
Crispy chicken deluxe sandwich, baked chips, lettuce & tomato cup Spinach salad with dried cranberries Fresh fruit	Chicken, beef or veggie burrito bowl Mexican rice & beans tri color tortilla chips, all the fixings Fresh berry cup	Ham and cheese toasted flatbread Seasoned baked potato wedges Fresh spinach salad with Craisins Cantaloupe slice		



Daily Alternates:
Sunbutter & jelly

Grab & go fresh deli
sandwiches

Grab & go fresh salads

Daily pizza and pasta
selections

All Meals come with
low-fat, non-fat, or
non-fat chocolate milk



Assorted fruits and
veggies are available
daily in addition to
items listed.

