

# October

# 2017



## SYCAMORE CUSD #427 K - 5 Lunch Menu



**Farm Fresh Produce**  
featuring... **Pumpkin**  
The carotenoids in pumpkins give them their orange color, just like with carrots!

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Chicken Nuggets** 15g Roll 13g Or *BBQ Rib Sandwich 41g Mashed Sweet Potatoes 23g Applesauce 23g	Pancakes 15g each w/*Sausage 1g Egg Patty 1g & Syrup 20g Or Mini Corn Dogs 28g Potato Puffs 19g Sliced Oranges 13g	4 <b>Lucky Tray Day</b>  Pizza Dippers 32g w/Garden Marinara 6g Or Chicken Poppers** 13g Roll 13g Seasoned Green Beans 4g Crisp Red Apple 22g	5  Nacho Supreme w/Taco Meat & Cheese Sauce 43g Or Cheese Pizza 33g Refried Beans 20g Cinnamon Pears 20g	6  NO SCHOOL TEACHER INSTITUTE
9	Cheeseburger 30g Or Macaroni & Cheese** 27g Roll 13g Seasoned Black Beans 19g Blueberries 11g	10  Chicken Nuggets** 14g Roll 13g Or *BBQ Rib Sandwich 41g Mashed Sweet Potatoes 23g Applesauce 23g	11  Pancakes 15g each w/*Sausage 1g Egg Patty 1g & Syrup 20g Or Mini Corn Dogs 28g Potato Puffs 19g Sliced Oranges 13g	12 <b>Lucky Tray Day</b>  Pizza Dippers 32g w/Garden Marinara 6g Or Chicken Poppers** 13g Roll 13g Seasoned Green Beans 4g Crisp Red Apple 22g	13  Nacho Supreme w/Taco Meat & Cheese Sauce 43g Or Cheese Pizza 33g Refried Beans 20g Cinnamon Pears 20g
16	Chicken Nuggets 15g w/Waffle 35g & Syrup 20g Or Jumbo Corn Dog 33g Potato Puffs 19g Applesauce 23g	17 <b>Lucky Tray Day</b>  Cheese Pizza 33g Or Crispy Chicken Sandwich 39g Glazed Carrots 6g Mixed Fruit 15g	18  Walking Tacos 33g Or Cheeseburger 30g Broccoli Buds 2g Crisp Red Apple 22g	19  French Toast Sticks 22g w/Syrup 20g Or Salisbury Steak 3g Mashed Potatoes 17g w/Gravy 0g Banana 29g	20  Double Stuffed Pizza 28g Or Grilled Cheese 30g *Tangy Baked Beans 22g Golden Pineapple 15g
23	Crispy Chicken Sandwich 39g Or Mini Corn Dogs 28g Seasoned Green Beans 4g Sliced Oranges 13g	24  Soft Shell Tacos 40g Or Pepperoni Pizza 33g Shredded Lettuce 2g Applesauce 23g	25 <b>Lucky Tray Day</b>  Cheese Pizza 33g Or Rotini & Meat Sauce 32g Potato Puffs 19g Golden Pineapple 15g	26  Waffles 35g w/*Sausage 1g & Syrup 20g Or Popcorn Chicken 13g Glazed Carrots 6g Sweet Pears 20g	27  NO SCHOOL
30	Cheese Pizza 33g Or Chicken Rings 12g Glazed Carrots 6g Mixed Fruit 15g	31 <b>HAPPY HALLOWEEN</b>  Mummy Corn Dogs 28g Or Mozzarella Fingers w/Oozing Sauce 38g Broccoli Brains 2g Swampy Applesauce 23g		All Students eligible for <b>FREE / REDUCED LUNCH</b>  Are also eligible for <b>FREE / REDUCED BREAKFAST</b>	Lunch \$2.70 (Milk included with meal) <b>Reduced Lunch 40¢</b>  Milk 55¢ Offered Daily: Fat Free Flavored 20g 1% White 11g

**Available Daily**  
**Peanut Butter & Jelly 64g**  
**Crispy Chicken Salad 31g**  
**Fresh Fruit and Vegetable Bar Offerings**  
 Variety of Apples 22g,  
 Oranges 11g, Bananas 29g,  
 Cucumbers 2g, Carrots 4g,  
 Cherry Tomatoes 3g,  
 Broccoli 2g &  
 Lettuce 3g  
 Students may choose from a variety of Fruit & Vegetables each day!

**Now Hiring Part Time Staff & Substitute Employees**  
**Call Sophie**  
 @  
**815-899-8155**

**Questions**  
 Call Sophie Stuebinger  
 Food Service Director  
 815-899-8155  
 Menu changes may be necessary. Notice will be given when possible.  
 A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.  
 For more information or to "Ask the Dietitian", check out our website!

(\*) Contains Pork

\*\* With Roll