



Oak Grove School District Elementary Lunch Menu OCTOBER 2017

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
<ol style="list-style-type: none"> Classic Beef Nachos with Salsa Honey BBQ Rib Sandwich on WG Bun WG Chicken Corn Dog with Oven Baked Fries Protein Pack with Sunflower Seeds** 	<ol style="list-style-type: none"> Italian Pasta Bake with WG Breadstick** 100% Mozzarella Cheese Pizza** or WG Sausage Pizza 100% Beef Hamburger, Cheeseburger or Gardenburger** Chicken Caesar Salad with WG Breadstick 	<ol style="list-style-type: none"> WG Bean & Cheese Enchirito** Italian Meatball Sub Sandwich on WG Bun WG Chicken Nuggets Roasted Turkey & Cheddar Sub Sandwich 	<ol style="list-style-type: none"> Chicken Alfredo Pasta with WG Breadstick 100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza Crispy or Spicy Chicken Sandwich on WG Bun Fruit & Yogurt Parfait with String Cheese** 	<ol style="list-style-type: none"> All Natural Turkey Hot Dog on WG Bun with Oven Baked Fries Teriyaki Chicken over Brown Rice WG Italian Dunkers with or without Marinara Sauce** Sun Butter and Jelly Sandwich with Sunflower Seeds**
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
<ol style="list-style-type: none"> Classic Chicken Nachos with Salsa Hot Deli Ham & Cheddar Sandwich on a WG Bun WG Chicken Corn Dog with Oven Baked Fries Protein Pack with Sunflower Seeds** 	<ol style="list-style-type: none"> Baked Macaroni & Cheese with WG Breadstick** 100% Mozzarella Cheese Pizza** or WG Sausage Pizza 100% Beef Hamburger, Cheeseburger or Gardenburger** Chicken Caesar Salad with WG Breadstick 	<ol style="list-style-type: none"> WG Bean & Cheese Burrito** Grilled Cheddar Cheese Sandwich on WG Bread** WG Chicken Nuggets Roasted Turkey & Cheddar Sub Sandwich 	<ol style="list-style-type: none"> Spaghetti & Meatballs with WG Breadstick 100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza Crispy or Spicy Chicken Sandwich on WG Bun Fruit & Yogurt Parfait with String Cheese** 	<ol style="list-style-type: none"> Brunch for Lunch: Mini Maple Pancakes and Sausage Teriyaki Beef over Brown Rice WG Italian Dunkers with or without Marinara Sauce** Sun Butter and Jelly Sandwich with Sunflower Seeds**
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
<ol style="list-style-type: none"> Classic Beef Nachos with Salsa Honey BBQ Rib Sandwich on WG Bun WG Chicken Corn Dog with Oven Baked Fries Energy Protein Pack with Sunflower Seeds** 	<ol style="list-style-type: none"> Italian Pasta Bake with WG Breadstick** 100% Mozzarella Cheese Pizza** or WG Sausage Pizza 100% Beef Hamburger, Cheeseburger or Gardenburger** Chicken Caesar Salad with WG Breadstick 	<ol style="list-style-type: none"> WG Bean & Cheese Enchirito** Italian Meatball Sub Sandwich on WG Bun WG Chicken Nuggets Roasted Turkey & Cheddar Sub Sandwich 	<ol style="list-style-type: none"> Chicken Alfredo Pasta with WG Breadstick 100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza Crispy or Spicy Chicken Sandwich on WG Bun Fruit & Yogurt Parfait with String Cheese** 	<ol style="list-style-type: none"> All Natural Turkey Hot Dog on WG Bun with Oven Baked Fries Teriyaki Chicken over Brown Rice WG Italian Dunkers with or without Marinara Sauce** Sun Butter and Jelly Sandwich with Sunflower Seeds**
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
<ol style="list-style-type: none"> Classic Chicken Nachos with Salsa Hot Deli Ham & Cheddar Sandwich on a WG Bun WG Chicken Corn Dog with Oven Baked Fries Protein Pack with Sunflower Seeds** 	<ol style="list-style-type: none"> Baked Macaroni & Cheese with WG Breadstick** 100% Mozzarella Cheese Pizza** or WG Sausage Pizza 100% Beef Hamburger, Cheeseburger or Gardenburger** Chicken Caesar Salad with WG Breadstick 	<ol style="list-style-type: none"> WG Bean & Cheese Burrito** Grilled Cheddar Cheese Sandwich on WG Bread** WG Chicken Nuggets Roasted Turkey & Cheddar Sub Sandwich 	<ol style="list-style-type: none"> Spaghetti & Meatballs with WG Breadstick 100% Mozzarella Cheese Pizza** or WG Pepperoni Pizza Crispy or Spicy Chicken Sandwich on WG Bun Fruit & Yogurt Parfait with String Cheese** 	<ol style="list-style-type: none"> Brunch for Lunch: Mini Maple Pancakes and Sausage Teriyaki Beef over Brown Rice WG Italian Dunkers with or without Marinara Sauce** Sun Butter and Jelly Sandwich with Sunflower Seeds**
	Meal Prices		Meal Applications	
	Student Lunch \$2.75 Reduced Lunch \$0.40 Adult Lunch \$3.25		2017-2018 Free and/or Reduced Meal Applications Available Online at OGSD.net or Pick Up @ School Main Office or Oak Grove School District Office 6578 Santa Teresa Blvd.	



We use menu identifiers in the café to help students recognize **Local, Clean, Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates

For menu nutritional information and foods containing common food allergens please visit www.sesd.org

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).

