



School District of Beloit K-3 Lunch Menu

October 2016

3

Savory Baked Chicken
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Mashed Potatoes
 Fresh Broccoli
 Assorted Fresh Fruit

4

National Taco Day

Tacos
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Refried Beans
 Celery
 Assorted Fresh Fruit

5

**Chicken Nugget w/
Pretzel Rod**
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Mashed Potatoes
 Fresh Zucchini
 Assorted Fresh Fruit

6

Hot Dog
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Baked Beans
 Red Pepper Strips
 Assorted Fresh Fruit

7

Cheese Pizza
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Steamed Spinach
 Fresh Baby Carrot
 Assorted Fresh Fruit

10

Chicken Patty
Alternate Choice
 Pizza Chef Salad
 Chicken Deli Sandwich
Fruit & Vegetable choice
 Mashed Potatoes
 Cauliflower
 Assorted Fresh Fruit

11

Nachos
Alternate Choice
 Popcorn Chicken Salad
 Chicken Deli Wrap
Fruit & Vegetable choice
 Refried Beans
 Tomatoes
 Assorted Fresh Fruit

12

**Chicken Nugget w/
Pretzel Rod**
Alternate Choice
 Pizza Chef Salad
 Chicken Deli Sandwich
Fruit & Vegetable choice
 Sweet Potatoes
 Fresh Broccoli
 Assorted Fresh Fruit

13

Popcorn Chicken Bowl
Alternate Choice
 Popcorn Chicken Salad
 Chicken Deli Wrap
Fruit & Vegetable choice
 Whipped Potatoes
 Celery
 Assorted Fresh Fruit

14

No School

17

BBQ Riblet
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Whipped Potatoes
 Fresh Baby Carrot
 Assorted Fresh Fruit

18

Max Pizza Sticks
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Steamed Corn
 Red pepper Strips
 Assorted Fresh Fruit

19

**Chicken Nugget w/
Pretzel Rod**
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Whipped Potatoes
 Tomatoes
 Assorted Fresh Fruit

20

Tacos
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Refried Beans
 Cauliflower
 Assorted Fresh Fruit

21

Cheese Pizza
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Steamed Spinach
 Cucumber Slices
 Assorted Fresh Fruit

24

Cheeseburger
Alternate Choice
 Popcorn Chicken Salad
 Chicken Deli Wrap
Fruit & Vegetable choice
 Whipped Potatoes
 Red Pepper Strips
 Assorted Fresh Fruit

25

Cheese Quesadilla
Alternate Choice
 Pizza Chef Salad
 Chicken Deli Sandwich
Fruit & Vegetable choice
 Refried Beans
 Fresh Jicama Sticks
 Assorted Fresh Fruit

26

**Chicken Nugget w/
Pretzel Rod**
Alternate Choice
 Popcorn Chicken Salad
 Chicken Deli Wrap
Fruit & Vegetable choice
 Whipped Potatoes
 Fresh Zucchini
 Assorted Fresh Fruit

27

Corn Dog
Alternate Choice
 Pizza Chef Salad
 Chicken Deli Sandwich
Fruit & Vegetable choice
 Steamed Broccoli
 Tomatoes
 Assorted Fresh Fruit

28

Pepperoni Pizza
Alternate Choice
 Popcorn Chicken Salad
 Chicken Deli Wrap
Fruit & Vegetable choice
 Steamed Green Beans
 Fresh Baby Carrots
 Assorted Fresh Fruit

31

Pancakes w/ Sausage
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Veggie Juice
 Red Pepper Strips
 Assorted Fresh Fruit

1

**Chicken Nugget w/
Pretzel Rod**
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Whipped Potatoes
 Fresh Baby Carrots

2

Tacos
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Refried Beans
 Fresh Zucchini
 Assorted Fresh Fruit

3

Chicken Patty
Alternate Choice
 Popcorn Chicken Salad
 Ham Deli Wrap
Fruit & Vegetable choice
 Whipped Potatoes
 Fresh Broccoli
 Assorted Fresh Fruit

4

Cheese Pizza
Alternate Choice
 Chef Salad
 Ham Deli Sandwich
Fruit & Vegetable choice
 Steamed Spinach
 Cucumber Slices
 Assorted Fresh Fruit

**Are you eating enough fruits and
veggies? Write it down!**

**Make sure you're eating from all the five food groups
to keep your body healthy**

Menu Question? foodservice@4beloitschools.net

Good for you food made great for you!

Spread the word

**National School Lunch Week
October 10th – 14th**