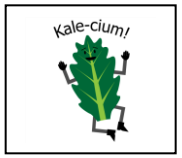

October

Please turn in Free/Reduced Meal Applications to the Lunchroom or School Secretaries **ASAP.** A new application **MUST** be filled out **every year**. Thank You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Cereal* **Egg Roll** **Seasoned Rice** **Stir Fried Veggies** **Mandarin Oranges**	3 *French Toast Sticks* **Chicken Mozzarella** **Rotini Pasta** **Fresh Vegetables** **Local Fresh Apple**	4 **National Kale Day** Ham Eggs and Cheese **Beef Taco** **Corn Red Pepper & Kale, Cheese/Salsa** **Applesauce**	5 *Cinnamon Roll* **Pizza** **Cheesy Broccoli** **Pears**	6 *Cereal* **Chicken Strips** **Goldfish Crackers** **Fresh Vegetables** **Local Fresh Apple**
9 *Cereal* **Breakfast for Lunch** **Pancakes** **Baked Ham** **Local Apples baked with cinnamon**	10 *Cheesy Omelet* **Chicken Fajita** **Lettuce, Cheese,Salsa** **Mixed Fruit**	11 *Bagel/Cream Cheese* **Pulled Pork Sandwich** **Pepper Slaw** **Fresh Local Apple** **Kale Chips**	12 *Breakfast Parfait* **Pizza** **Fresh Vegetables** **Orange Slices**	13 *Cereal* **Toasted Ham & Cheese** **Tomato Soup** **Applesauce**
16 *Cereal* **Chicken Alfredo** **Rotini Pasta** **Fresh Vegetables** **Pears**	17 *Frech Toast Sticks* **Roast Turkey** **Mashed Potato/Gravy** **Corn** **Fresh Local Apple**	18 *Cheesy Eggs* **Sloppy Jo** **Mixed Veggies** **Orange Slices**	19 *Cinnamon Roll* **Pizza** **Spinach Salad** **Fresh Local Apple**	20 *Cereal* **Sweet and Sour Chick** **Seasoned Rice** **Stir Fried Veggies** **Mandarin Oranges**
23 *Cereal* **Tuna Pasta Salad** **Chopped Romaine** **Fresh Local Apple**	24 *Cheesy Omelet* **Chicken Nuggets** **Sweet Potato Fries** **Corn** **Orange Slices**	25 *Bagel/Cream Cheese* **Beef Stroganoff** **Macaroni** **Baby Carrots** **Pears**	26 *Breakfast Parfait* **Pizza** **Fresh Vegetables** **Strawberry Cup**	27 *Cereal* **Baked Chicken SW** **Cheese Brocolli Cauliflower** **Fresh Local Apple**
30 *Cereal* **Chicken Fajita** **Black Beans** **Lettuce, Cheese,Salsa** **Blueberries**	31 *French Toast Stick* **Whole Grain Chicken Corn Dog** **Baked Beans** **Orange Smiles**			

CONTACT INFORMATION:
Roger Vanlandingham
Food Service Director
☏837-7409
rvanlandingham@bigfork.mt.us

Please remember there is a NO CHARGING Policy in effect. Please call me if you have questions about it. Money needs to be in your child(ren)'s account to have lunch or they will receive an alternate lunch.

All items subject to change, depending on availability

BIGFORK LUNCHROOM NEWS

All Breakfasts served with fruit and milk
Breakfast begins at 7:40am

BREAKFAST PRICES

Grades K-6		$1.25
7-12		1.50
K-12 Reduced		.30
Adult $1.75	*MILK*	.35

Harvest of the month (HOM) **Kale**.
This month we have kale chips, sautéed kale, kale on the salad bar

LUNCHES **must** include 3/4 cup fruit and/or vegetable to be a complete meal. Students need to take at least 3 of the 5 choices. 1 of the 3 choices **must** be 3/4 cup fruit and/or vegetable.

Choices for the Lunch Tray include
1c milk, 1-2oz protein, 1-2oz grain,
½ c to ¾ cup vegetable, ½ cup fruit

Salad Bar is offered Every Day

LUNCH PRICES

Grades K-6		$2.25
7-12		2.75
K-12 Reduced		.40
Adult $3.25	*MILK*	.35