

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal Country Beef Steak Mashed Potatoes Gravy Steamed Veggies Peaches	2 Bagel Cream Cheese Chicken Nuggets Baked Fries Fresh Vegetables Applesauce	3 Fresh Baked Muffin Pizza Salad Fresh Orange	4 Cinnamon Roll Spaghetti Peas and Carrots Sliced Strawberries	5 Cereal Nachos Refried Beans Cheese, Salsa Fresh Apple Early Release
8 Cereal Tuna Pasta Salad Fresh Romaine Fresh Grapes	9 Bagel Cream Cheese Sweet & Sour Chicken Seasoned Rice Stir Fried Veggies Mandarin Oranges	10 Fresh Baked Muffin Pizza Fresh Vegetables Blueberries	11 Cinnamon Roll BBQ Pork Sandwich Fresh Apple Slaw Fresh Strawberries	12 Cereal Chicken Fajita Cheese, Salsa Mixed Fruit
15 Cereal Turkey Taco Salad Corn Chips Fresh Lettuce	16 Bagel Cream Cheese Egg Rolls Yellow Curry Rice Stir Fried Veggies Mandarin Oranges	17 Fresh Baked Muffin Pizza Salad Fresh Apple	18 NO SCHOOL	19 NO SCHOOL
22 Cereal Chicken Lo Mein Fresh Veggies Fresh Apple Fortune Cookie	23 Bagel Cream Cheese Whole Grain Chicken Corn Dog Potato Wedges Fresh Orange Slices	24 Fresh Baked Muffin Pizza Fresh Vegetables Strawberries	25 Cinnamon Roll Ham & Scalloped Potatoes Fresh Veggies Pears	26 Cereal Mac and Cheese Peas and Carrots Fresh Apple
29 Cereal Breakfast for Lunch Sausage Links Yogurt Blueberries	30 Bagel Cream Cheese Beef Taco Black Beans Lettuce Cheese Salsa Pears	31 Fresh Baked Muffin Pizza Salad Applesauce	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 breakfast or lunch.	



Harvest of the month
APPLES

All items subject to change, depending on availability

BIGFORK LUNCHROOM NEWS



All Breakfasts served with fruit and milk

BREAKFAST PRICES

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

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,
1/2 c to 3/4 cup vegetable, 1 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

CONTACT INFORMATION:



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