

October 2017

JUST A DASH CATERING

LUNCH



School Information: Milk, Salad Bar, and Fresh Fruit offered daily.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Boneless BBQ Wings
WG Onion Rings

2

Tuesday

BBQ Burger (Beef)
Baked Beans

3

Wednesday

Rotini Pasta (Beef)
Garlic Bread
Summer Salad – (Spinach,
Carrots, Berries, Blue Cheese)

4

Thursday

Fire House Sub (Ham)
Broccoli & Cheese Soup

5

Friday

Pizza Slice
Hummus
Red Peppers

6

9

School Closed

10

School Closed

11

Cheese Ravioli
Greek Salad
(Spinach, Black Olives, Feta
tomatoes)

12

Popcorn Chicken
WG Fries

13

Pizza Slice
Hummus
Red Peppers

16

Dill Chicken Sandwich
WG Fries
Celery Bites

17

Baked Chicken
Rice
Artesian Blend

18

Chicken Alfredo
Garden Salad
(Roman, Cucumbers, Carrots)
Breadstick

19

Hot Dog (Beef)
Cucumbers

20

Pizza Slice
Hummus
Green Peppers

23

BBQ Chicken Wrap
Apple Coleslaw (cabbage)
Glazed Carrots

24

Cinnamon Toast
Turkey Sausage Links
Hash browns

25

Spaghetti (Beef)
Chopped Salad
(Roman, tomato, carrots)
Garlic Bread

26

Fire House Sub (Turkey)
Loaded Potato Soup

27

Pizza Slice
Hummus
Red Peppers

30

BBQ Chicken Tender
Corn On the Cob

31

Walking Taco/Doritos (Beef)
Cheese/Lettuce/Salsa

