

Central Community School System

OCTOBER 2019

Tanglewood Elementary

Monday

Tuesday

Wednesday

Thursday

Friday

Grilled Chicken Wrap **1**
 Taco Salad Cup
 Steamed Broccoli
 Dessert
 Fruit
 Milk Choice

Taco Maxx **2**
 Spanish rice
 Refried Beans
 Salsa Cup
 Dessert
 Fruit
 Milk Choice

BBQ Rib Sandwich **3**
 Lettuce, Tomato, Pickle Cup
 Tater Tots
 Seasoned Green Peas
 Fruit
 Milk Choice.

Breaded Fish Patty on W.W. Bun **4**
 Lettuce, Tomato, Pickle Cup
 French Fries
 Steamed Corn
 Ketchup / Mayo / Mustard
 Fruit
 Milk Choice

Chili Dog **7**
 Tater Tots
 Steamed Carrots
 Ketchup/Mayo/Mustard
 Fruit
 Milk Choice

Chicken & Sausage Jambalaya **8**
 White Beans
 Steamed Broccoli
 Dessert
 Fruit
 Milk Choice

Hamburger on W. W. Bun **9**
 Lettuce, Tomato, Pickle Cup
 Ketchup / Mayo / Mustard
 Sweet Potato Fries
 Fruit
 Milk Choice

Cheese Quesadilla **10**
 Refried Beans
 Celery Sticks
 Salsa Cup
 Dessert
 Fruit
 Milk Choice

Hot Delivered Pizza **11**
 Cheese / Pepperoni Pizza
 Steamed Corn
 Green Salad w/ Dressing
 Fruit
 Milk Choice

Popcorn Chicken **14**
 Macaroni & Cheese
 Seasoned Corn
 Steamed Carrots
 Ketchup / Barbeque Sauce
 Fruit
 Milk Choice

Salisbury steak **15**
 Steamed rice w/ Gravy
 Seasoned Green Beans
 Sweet Potatoes
 Dessert
 Fruit
 Milk Choice

Breaded Chicken on W. W. Bun **16**
 Lettuce, Tomato, Pickle Cup
 Tater Tots
 Baked Beans
 Ketchup / Mayo / Mustard
 Fruit
 Milk Choice

Pasta w/ Meat Sauce **17**
 Steamed Broccoli
 Sliced Cucumbers
 Breadstick
 Dessert
 Fruit
 Milk Choice

Parent / Teacher Conferences **18**

Fall Break **21**

Corn Dog **22**
 Tater Tots
 Steamed Carrots
 Ketchup/Mayo/Mustard
 Dessert
 Fruit
 Milk Choice

Sloppy Joe on W. W. Bun **23**
 Steamed Corn
 Ketchup / Mayo / Mustard
 French Fries
 Fruit
 Milk Choice

Baked Chicken **24**
 Green Peas
 Mashed Potatoes w/ Gravy
 Homemade W.W. Roll
 Dessert
 Fruit
 Milk Choice

Breaded Cheese Sticks **25**
 w/ Marinara Sauce
 Seasoned Green Beans
 Baked Beans
 Fruit
 Milk Choice

Beef Sticks **28**
 Mashed Potatoes w/ Gravy
 Steamed Carrots
 Ketchup
 Fruit
 Milk Choice

Red Beans w/ Sausage **29**
 Steamed Rice
 Seasoned Mustard Greens
 Tossed Salad w/ Dressing
 Cornbread
 Dessert
 Fruit
 Milk Choice

BBQ Rib Sandwich **30**
 Lettuce, Tomato, Pickle Cup
 Tater Tots
 Seasoned Green Peas
 Fruit
 Milk Choice

Beefy Nachos **31**
 Refried Beans
 Salsa Cup
 Celery Sticks
 Dessert
 Fruit
 Milk Choice

NOTE: MENUS ARE SUBJECT TO CHANGE

Notification Statement: Peanuts and Peanut Products are not purchased for meals produced by the Central Community School System Child Nutrition Program; however, some products served may contain nuts and some products may be produced in plants that use nuts and may contain traces of nuts.

