








OCTOBER



1 – Monday	2 – Tuesday	3 – Wednesday	4 – Thursday	5 – Friday 5
World Habitat Day Italian Sausage* on Whole Wheat Bun Oven-Roasted Potatoes Stewed Tomatoes Orange Ice Cream Cup  VO: Veggie Meatballs NCS: SF Ice Cream	Chili Baked Potato Corn Bread Banana Pudding VO: Veggie Chili NCS: SF Pudding	Taco Chicken Tortilla Refried Beans Fiesta Corn Tropical Fruit Cake VO: Veggie Taco NCS: SF Cookie	Pulled Pork* on Whole Wheat Bun Creamy Coleslaw Carrot Raisin Salad Fruit Juice Pudding VO: Black Bean Burger NCS: SF Pudding	Brat* & Sauerkraut on Bun Stewed Tomatoes Banana Carmel Apple Crisp VO: Cheese and Tomato Sandwich NCS: SF Cookie
8 – Monday	9 – Tuesday	10 – Wednesday	11 – Thursday	12 – Friday
Beef Pot Pie with Biscuit Top Creamed Spinach Fruit Juice Cake VO: Veggie Pot Pie NCS: Pineapple	Chicken and Gravy over slice of White Bread Mashed Potatoes Green Beans Orange Cookie VO: Soy and Gravy NCS: SF Cookie Packet	Fish Sandwich & Cheese Slice on Whole Wheat Bun Yams Coleslaw Fruit Cup Jell-O VO: Garden Burger NCS: SF Jell-O	Meatballs* in Marinara over Penne Carrots Mixed Greens Salad Banana Ambrosia Salad VO: Veggie Meatballs in Marinara NCS: Mandarin Oranges	Old Farmers Day Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Brownie  VO: Egg Salad NCS: SF Chocolate Pudding
15 – Monday	16 – Tuesday	17 – Wednesday	18 – Thursday	19 – Friday 19
Cheeseburger on Whole Wheat Bun Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff VO: Black Bean Burger NCS: SF Jell-O	Egg Salad Sandwich on Whole Wheat Bread Pickled Beets 3 Bean Salad Fruit Juice Dreamsicle Whip VO: N/A NCS: Orange	Bring a Friend to Lunch Day Beef Stew Biscuit Green Beans Chunky Apple Sauce Cake  VO: Veggie Wrap NCS: SF Cookie	Chicken Mac Casserole Peas Tomato Juice Pineapple Pudding VO: Mac and Cheese NCS: SF Pudding	BBQ Ribs* Cheesy Potatoes Roasted potatoes/onions/carrots Soft French Roll Apple Pie & Ice Cream VO: Veggie BBQ Meatballs NCS: SF Ice Cream
22 – Monday	23 – Tuesday	24 – Wednesday	25 – Thursday	26 – Friday
Cheese Tortellini Bake with Meat Sauce Bread Stick Spinach Mandarin Oranges Blueberry Crisp VO: Veggie Tortellini Bake NCS: SF Cookie	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange Whole Wheat Bread Pudding VO: Hummus Wrap NCS: SF Pudding	UN Day Chicken a la King over Biscuit Carrots Corn Salad Peaches Sherbet  VO: Soy a la King NCS: SF Ice Cream	Traditional Meatloaf Mashed Potatoes Gravy Corn White Bread Fruit Juice Cup Cake VO: Black Bean Burger NCS: SF Jell-O	Egg Bake Diced Roasted Red Potatoes Fruit Juice Biscuit Spiced Apples VO: N/A NCS: N/A
29 – Monday	30 – Tuesday	31 – Wednesday	* Contains Pork VO: Vegetarian Option NCS: No Concentrated Sugar	
Pizza Burger on Bun Navy Bean Salad Marinated Cucumbers Banana Cookie VO: Garden Burger NCS: SF Cookie	Ham* and Potato Casserole California Blend Multi-Grain Bread Fruit Cup Chocolate Cream Pie VO: Soy and Potato Casserole NCS: SF Pudding	Enchilada Casserole Corn Tossed Greens with Tomatoes Brownie  VO: Bean Burrito NCS: SF Jell-O	Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.	

Salad Options for October 2018



Week 1 – 10/5

Pulled Pork Santa Fe Salad

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

Dressing: Ranch

Meal items to be served with this: Banana, Carmel Apple Crisp

Week 2 – 10/12

7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.

Dressing: None

Meal items to be served with this: Mini Croissant, Peaches, Cheesecake Brownie

Week 3 – 10/19

Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion and feta.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: French Roll, butter, Apple Pie with Ice Cream

Week 4 – 10/26

Chicken Confetti Salad

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.

Dressing: Ranch

Meal items to be served with this: Grape Juice, Biscuit, Butter, Spiced Apples