

Bella Vista Elementary School District

Lunch Menu October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Chicken Strips or Taco Saucy Noodles Fresh Fruit	Oct - 2 Tostada Bowl or Bean & Cheese Burrito Rice Fresh Fruit	Oct - 3 Chicken Sandwich or Bean Burrito Baked Beans Fresh Fruit	Oct - 4 BBQ Pork on a Bun or Chicken Soft Taco Fresh Fruit	Oct - 5 Pizza or Chicken Sandwich Pumpkin Bread Fresh Fruit
Oct - 8 Rotisserie Chicken or Taco Saucy Noodles Fresh Fruit	Oct - 9 Bean Burrito or Quesadilla Rice Fresh Fruit	Oct - 10 Hamburger or Chicken Sandwich Corn Fresh Fruit	Oct - 11 Spaghetti Hot Roll or Bean & Cheese Burrito Fresh Fruit	Oct - 12 Nachos or Yogurt, Cheese Tortilla Chips Refried Beans Fresh Fruit
Oct - 15 Beans & Weenies Cornbread or Pick-A-Wich Apple Crisp Fresh Fruit	Oct - 16 Taco or Chicken Soft Taco Rice Fresh Fruit	Oct - 17 Chicken Sandwich or Bean Burrito Baked Beans Fresh Fruit	Oct - 18 Beef Stew Hot Roll or Pick-A-Wich Fresh Fruit	Oct - 19 Pizza or Chicken Sandwich Pumpkin Bread Fresh Fruit
Oct - 22 Sweet & Sour Pork Rice or Chicken Soft Taco Fresh Fruit Milk	Oct - 23 Chicken Soft Taco or Bean & Cheese Burrito Spanish Rice Fresh Fruit	Oct - 24 Pick-A-Wich or Hamburger Potato Wedges Fresh Fruit	Oct - 25 Sloppy Joe or Pick-A-Wich Fresh Fruit	Oct - 26 Nachos or Yogurt, Cheese Tortilla Chips Refried Beans Fresh Fruit
Oct - 29 Chili Beans Cornbread or Chicken Soft Taco Fresh Fruit	Oct - 30 Chicken Soft Taco or Bean & Cheese Burrito Spanish Rice Fresh Fruit	Oct - 31 Hamburger or Chicken Sandwich Corn Fresh Fruit		

Please note: Lunch time only, students will have the choice of white or chocolate milk. Salad bar will be served with every lunch and a bread is available with every meal. This menu may be subject to change.

In operation of School Nutrition administered by the Department of Agriculture, no child will be discriminated against because of race, color, sex, national origin, age or handicap. If any member of a household believes they have been discriminated against, they should write immediately to the Secretary of Agriculture, Washington D.C. 20250

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.