

**SWALLOW SCHOOL**  
**October 2017 Lunch Menu**

<p>2 1 Mozzarella Sticks w/ Dipping sauce 2 Breakfast Sandwich</p> <p>3 Taco Salad</p> <p>Macaroni Salad Roasted Vegetables</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>3 <b>Two for Tuesday</b> 1 2 for 1 Hot Ham and Cheese</p> <p>2 Burger or Cheeseburger</p> <p>3 Grilled Chicken Wrap</p> <p>Mlni Pretzels Seasoned Corn</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>4 <b>National Taco Day</b> 1 Soft Shell Tacos</p> <p>2 Chicken Patty</p> <p>3 Combo Sub</p> <p>Chips &amp; Salsa</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>5 <b>Pizza Thursday</b> 1 Pepperoni or Cheese Pizza</p> <p>2 Burger or Cheeseburger</p> <p>3 Cheese &amp; Cracker Plate</p> <p>Breadstick Steamed Cauliflower</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>6 <b>Tailgate Party</b> 1 Brat on a Bun</p> <p>2 Pulled Pork Sandwich</p> <p>3 Yogurt Pak</p> <p>Calico Beans Chips &amp; Dip Dessert Fruit &amp; Vegetable Bar Included with Lunch</p>
<p>9 1 Sloppy Jo on a Bun</p> <p>2 Breakfast Sandwich</p> <p>3 Taco Salad</p> <p>Roasted Sweet Potatoes Creamy Coleslaw</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>10 1 Grilled Cheese Sandwich</p> <p>2. Burger or Cheeseburger</p> <p>3 Grilled Chicken Wrap</p> <p>Tator Tots Tomato Soup</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>11 1. Spaghetti with Meat Sauce</p> <p>2. Chicken Patty on a Bun</p> <p>3 Combo Sub</p> <p>Garlic Toast Green Beans Cookie Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>12 <b>Pizza Thursday</b> 1 Cheese Pizza</p> <p>2 Burger/Cheeseburger</p> <p>3 Cheese &amp; Cracker Plate</p> <p>Curly Noodles Mixed Vegetables</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>13 <b>French Toast Friday</b> 1 French Toast Sticks Sausage</p> <p>2 Pulled Pork Sandwich</p> <p>3 Yogurt Pak</p> <p>Hashbrowns Cinnamon Applesauce</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>
<p>16 1 Chicken Nuggets</p> <p>2 Breakfast Sandwich</p> <p>3 Taco Salad</p> <p>Seasoned Potato Wedges</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>17 <b>National Mr. Moore Day</b> 1 Hot Ham &amp; Cheese Waffle Sandwich</p> <p>2 Burger/Cheeseburger</p> <p>3 Grilled Chicken Wrap</p> <p>Italian Pasta Salad Birthday Cake</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>18 1 Meatballs and Gravy</p> <p>2 Chicken Patty on a Bun</p> <p>3 Combo Chees Sub</p> <p>Mashed Potatoes Peas</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>19 <b>Pizza Thursday</b> 1 Sausage or Cheese Pizza</p> <p>2 Burger/Cheeseburger</p> <p>3 Cheese &amp; Cracker Plate</p> <p>Breadstick Caesar Salad</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>20</p> <p align="center"><b>Early Release No Lunch Served</b></p>
<p>23 1. Cheesebread with Marinara</p> <p>2. Breakfast Sandwich</p> <p>3 Taco Salad</p> <p>Parmesan Pasta Vegetable Blend</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>24 1 Beefy Nachos w/Cheese</p> <p>2 Burger/Cheeseburger</p> <p>3 Grilled Chicken Wrap Rice Mexican Chopped Salad Homemade Refried Beans</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>25 1 Pizza Casserole</p> <p>2 Chicken Patty on a Bun</p> <p>3 Combo Sub</p> <p>California Blend Vegetable Pumpkin Bar</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>26</p> <p align="center"><b>No School</b></p>	<p>27</p> <p align="center"><b>No School</b></p>
<p>30 <b>National Candy Corn Day</b> 1 Chicken Strips</p> <p>2 Breakfast Sandwich</p> <p>3 Taco Salad</p> <p>Fries Candy Corn Niblets</p> <p>Fruit &amp; Vegetable Bar Included with Lunch</p>	<p>31 <b>Halloween</b> 1 "Ghoul ash"</p> <p>2 Burger or Cheeseburger</p> <p>3 Grilled Chicken Wrap</p> <p>Spooky Noodles Broccoli Boo Salad Trick or Treat Fruit &amp; Vegetable Bar Included with Lunch</p>			