

OCTOBER 2019

OAK VIEW SCHOOL LUNCH MENU



ALL LUNCHEES INCLUDES:
FRUIT: APPLE, BANANA, ORANGE OR CANNED FRUIT CUP
VEGGIES: SIDE GARDEN SALAD, SALAD BAR OPTIONS
MILK: 1% MILK OR NON-FAT CHOCOLATE MILK

STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP OF FRUIT AND/OR VEGETABLE WITH EACH MEAL

MENU ITEMS MAY BE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>BREAKFAST FOR LUNCH</u> FRENCH TOAST (40g) SAUSAGE PATTY TATER TOTS (8g)	2 <u>LUNCH</u> FRUIT PARFAIT (58g) STRING CHEESE (1g)	3 <u>LUNCH</u> MAC AND CHEESE (29g) GARLIC BREADSTICK(15g)	4 <u>LUNCH</u> PIZZA DAY (31g) Dress up Day: "Dress in Pink!"
7 <u>LUNCH</u> CHICKEN AND CHEESE QUESADILLA (28g) SPANISH RICE (23g) Oak View 4-H Meeting 6:30 Fire Prevention Week	8 <u>LUNCH</u> CHICKEN PATTY SANDWICH (41g) OVEN FRIES (8g) Fire Prevention Week	9 <u>LUNCH</u> BUILD YOUR OWN BEEF BURRITO (31g) TORTILLA CHIPS (18g) SALSA Parent Club Meeting 6:30 Fire Prevention Week	10 <u>LUNCH</u> PRETZEL (38g) WITH CHEESE SAUCE Fire Prevention Week	11 <u>LUNCH</u> PIZZA DAY (31g) Fall Field Day (K-8th) Q1 Ends MINIMUM DAY
14 Reminder: No School!	15 <u>LUNCH</u> CRUNCHY CHICKEN TACOS (13g) TORTILLA CHIPS (18g) FRESH SALSA	16 <u>LUNCH</u> CHEESEBURGER (26g) OVEN FRIES (8g) Spelling Bee (4th-8th) 8:30 MINIMUM DAY	17 <u>LUNCH</u> CHICKEN PASTA (27g) GARLIC BREADSTICK (15g) Board Meeting 6:30	18 <u>LUNCH</u> PIZZA DAY (31g)
21 <u>LUNCH</u> TERIYAKI CHICKEN W/BROWN RICE (26g) STEAMED VEGGIES	22 <u>LUNCH</u> CHILI FRIES (37g) CORN MUFFIN (23g)	23 <u>LUNCH</u> HOT TURKEY SANDWICH W/MASHED POTATOES AND GRAVY (25G)	24 <u>LUNCH</u> FISH STICKS (20g) GARLIC TOAST (15g)	25 <u>LUNCH</u> PIZZA BAGEL (18g) GOLDFISH CRACKERS (14g) Halloween Family Bingo Night 6:00-8:00 Outdoor Ed Dinner 5:30
28 <u>LUNCH</u> CHICKEN NUGGETS (20g) DINNER ROLL (13g) TATER TOTS (8g) Red Ribbon Rally Parent Conferences MINIMUM DAY	29 <u>LUNCH</u> BEAN AND CHEESE BURRITO (51g) STEAMED RICE Parent Conferences MINIMUM DAY	30 <u>LUNCH</u> BAKED CHICKEN W/BROWN RICE (21g) DINNER ROLL (13g) Parent Conferences MINIMUM DAY	31 <u>LUNCH</u> TURKEY WRAP (17g) CHOC CHIP MUFFIN (29g) Halloween Parades K-3rd 10:30, 4th-8th 11:00 Parent Conferences MINIMUM DAY	2019-2020 SCHOOL LUNCH PRICES Child Reduced Lunch \$.40 Child Paid Lunch K-8 \$2.40 Milk \$.50 Adult Lunch \$4.00