

# MENU—October—November 2017

## Spencer Valley Elementary School

V = Vegetarian Alternative GF = Gluten Free

| Sun | Mon   | Tue  | Wed                                       | Thu                         | Fri   | Sat |
|-----|---|--|---|-----------------------------|---|-----|
| 1   | 2<br>Spaghetti,<br>Salad<br>V                   | 3<br>Baked Chicken<br>Tenders,<br>Veggies  | 4<br>Quiche,<br>Salad<br>V                | 5<br>NO<br>LUNCH<br>SERVED  | 6<br><b>Non-<br/>Student<br/>Day</b>                | 7   |
| 8   | 9<br>Tomato Soup,<br>Grilled Cheese<br>V        | 10<br>Veggie<br>Pasta Aioli,<br>Salad<br>V | 11<br>Chicken<br>Enchilada<br>V, GF       | 12<br>NO<br>LUNCH<br>SERVED | 13<br>Frittata,<br>Fruit<br>V                       | 14  |
| 15  | 16<br>Potato Corn<br>Chowder,<br>Salad<br>V, GF | 17<br>Tuna<br>Salad Wrap,<br>Veggies       | 18<br>Mac & Cheese,<br>Salad<br>V         | 19<br>NO<br>LUNCH<br>SERVED | 20<br>Fish Sticks,<br>Quinoa                        | 21  |
| 22  | 23<br>Veggie Soup,<br>Salad<br>V, GF            | 24<br>Pancakes,<br>Fruit<br>V              | 25<br>Lasagna,<br>Salad<br>V              | 26<br>NO<br>LUNCH<br>SERVED | 27<br>BBQ Chicken<br>Sandwich,<br>Veggies, Chips    | 28  |
| 29  | 30<br>Turkey Chili,<br>Salad<br>GF              | 31<br>Bean<br>Burritos,<br>Veggies<br>V    | 1<br>Veggie<br>Pesto Pasta,<br>Salad<br>V | 2<br>NO<br>LUNCH<br>SERVED  | 3<br>Bacon, Egg &<br>Cheese Burritos,<br>Fruit<br>V | 4   |
| 5   | <b>* Minimum Days *<br/>Parent Conferences</b>  |  |   |                             | 10<br><b>HOLIDAY</b>                                | 11  |
| 12  | 13<br>Chicken Soup,<br>Salad<br>GF              | 14<br>Turkey<br>Tacos,<br>Veggies          | 15<br>Baked<br>Potato Bar<br>V, GF        | 16<br>NO<br>LUNCH<br>SERVED | 17<br>French<br>Bread Pizza,<br>Salad<br>V          | 18  |
| 19  | <b>*** THANKSGIVING BREAK ***</b>               |  |   |                             | 24  | 25  |

Prices: \$1.00 Kindergarten  
\$2.00 Old Schoolhouse  
\$3.25 Ritchie Hall

Pay Candace in the office daily or per month. Menu subject to change without prior notice.