



October



MCGREGOR PRIMARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 S - CHICKEN ON BUN S- BBQ CHICKEN G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	3 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	4 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G G-ROMAINE/SPINACH SALAD Refried Beans G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	5 S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS. GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	6 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
9 STUDENT HOLIDAY	10 S - CHICKEN, BARBECUED S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	11 S-BEEF TACO S - STEAK FINGERS G: WHOLE GRAIN ROLL G - W/K CORN G - SEAS. PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	12 S-SALISBURY STEAK S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS. GREEN BEANS G-CARROT STICKS G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	13 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S - POTATO ROUNDS G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO G-CELERY STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
16 S- CHEESE PIZZA S - CORN DOG G-ROMAINE/SPINACH SALAD G - W/K CORN G-CARROT COINS G-CELERY STICKS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	17 S - BBQ ON BUN S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G - STEAMED BROCCOLI G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	18 S - FRITO PIE S - STEAK FINGERS S - CORNBREAD Refried Beans G-ROMAINE/SPINACH SALAD G - W/K CORN G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	19 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	20 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G-CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
23 S - CHICKEN ON BUN S- BBQ CHICKEN G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	24 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	25 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G G-ROMAINE/SPINACH SALAD Refried Beans G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	26 S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS. GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	27 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
30 S-PEPPERONI PIZZA WEDGE S - HOT DOG Crackers W/G G - BAKED BEANS S - AU GRATIN POTATOES G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	31 S - CHICKEN, BARBECUED S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf/hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form < http://www.oio.usda.gov/sites/default/files/docs/2012/Complain_combin.ed_6_8_12.pdf >, (AD-3027) found online at http://www.as.usda.gov/complaint_filing_cust.html , and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail, U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov or program.intake@usda.gov . This institution is an equal		