



# Storm Lake Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Cereal/Toast</b> Chicken Patty on a Bun Baked Potato Wedge Cucumber Ranch  <b>Alternative Entrées</b> Buffalo Chicken Wrap Salad Bar	<b>4 Pancake on a stick</b> Pizza Bake Caesar Salad Garlic Bread Stick  <b>Alternative Entrées</b> Egg Salad Sandwich Salad Bar	<b>5 BKF Sandwich</b> Turkey & Gravy Mashed Potatoes Buttered Broccoli Dinner Roll  <b>Alternative Entrées</b> Cold Cut Combo Sub Salad Bar	<b>6 BKF Pizza</b> BBQ Pork Slider Baked Beans Creamy Cole Slaw  <b>Alternative Entrées</b> Turkey Sub Salad Bar	<b>7 Cereal/Muffin</b> Breakfast Stackers (Pancakes, Sausage Patty) Scrambled Eggs Cinnamon Apples  <b>Alternative Entrées</b> Yogurt Pack Salad Bar
<b>10 COLUMBUS DAY OBSERVED</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>NATIONAL SCHOOL LUNCH WEEK - October 10-14, 2011...Let's Grow Healthy</b>				
<b>Cereal/Toast</b> Stadium Dog on a Bun Kettle Chips 3 Bean Salad  <b>Alternative Entrées</b> Chicken Caesar Wrap Salad Bar	<b>Pancake on a stick</b> Oven Baked Chicken Herb Roasted Potatoes Seasoned Green Beans Dinner Roll  <b>Alternative Entrées</b> Turkey Ranch Wrap Salad Bar	<b>BKF Sandwich</b> Carly Spaghetti Taco Italian Tossed Salad  <b>Alternative Entrées</b> Italian Sub Salad Bar	<b>BKF Pizza</b> Southwest Turkey Crunch Mexican Brown Rice Fresh Fruit Cup  <b>Alternative Entrées</b> Ham Pinwheel Salad Bar	<b>Cereal/Muffin</b> Cheese Bread Marinara Sauce Season Corn  <b>Alternative Entrées</b> Yogurt Pack Salad Bar
<b>17 Cereal/Toast</b> Cheeseburger on a Bun Lettuce & Tomatoes Oven Fries  <b>Alternative Entrée(s)</b> Buffalo Chicken Wrap Salad Bar	<b>18 Pancake on a stick</b> Chicken Alfredo Fettuccine Steamed Broccoli Garlic Toast  <b>Alternative Entrée(s)</b> Egg Salad Sandwich Salad Bar	<b>19 BKF Sandwich</b> Fiesta Mexican Lasagna Garden Salad  <b>Alternative Entrée(s)</b> Cold Cut Combo Sub Salad Bar	<b>20 BKF Pizza</b> Chicken Tender Sweet Potato Fluff Green Peas Dinner Roll  <b>Alternative Entrée(s)</b> Turkey Sub Salad Bar	<b>21 Cereal/Muffin</b> Crunchy Fish Taco Cilantro Lime Rice Black Bean & Corn Salsa  <b>Alternative Entrée(s)</b> Yogurt Pack Salad Bar
<b>24 UNITED NATIONS DAY</b> Chicken Marinara Sandwich Parmesan Pasta Roasted Italian Vegetable  <b>Alternative Entrée(s)</b> Chicken Caesar Wrap Salad Bar	<b>25 WORLD PASTA DAY</b> Toasted Grilled Cheese Tomato Soup Italian Pasta Salad  <b>Alternative Entrée(s)</b> Turkey Ranch Wrap Salad Bar	<b>26 BKF Sandwich</b> Beef Barley Stew Broccoli Salad Whole Grain Biscuit  <b>Alternative Entrée(s)</b> Italian Sub Salad Bar	<b>27 BKF Pizza</b> Chicken Fried Rice Egg Roll Kung Fu Carrots Fortune Cookie  <b>Alternative Entrée(s)</b> Ham Pinwheel Salad Bar	<b>28</b> No School  <b>Alternative Entrée(s)</b>
<b>31 HAPPY HALLOWEEN</b> Cereal/Toast Chicken Nuggets Mashed Potatoes & Gravy Buttered Green Beans Dinner Roll  <b>Alternative Entrée(s)</b> Buffalo Chicken Wrap Salad Bar	<div style="text-align: center;">   <b>School Lunch LET'S GROW HEALTHY</b>  <b>National School Lunch Week</b>  <b>October 10-14, 2011</b> </div>	<div style="text-align: center;">   <b>OCTOBER HARVEST OF THE MONTH</b>            Persimmon Eggplant            Edamame         </div>	<div style="text-align: center;">   <b>Free &amp; Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</b> </div>	<div style="text-align: center;">   <b>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit &amp; Vegetable Bar.</b> </div>

- Prepared From Scratch
- Contains Pork
- Whole Grain Item
- USDA Food
- Farm to School Item
- Harvest of the Month



**NATIONAL FARM to SCHOOL MONTH**

October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between schools and local food!

The Farm to School Month logo marks days when special events are taking place or local foods will be served. For more information, visit [www.farmtoschoolmonth.org](http://www.farmtoschoolmonth.org).

BREAKFAST/LUNCH PRICES	
Elementary	1.60/2.15
Secondary	1.60/2.20
Reduced	\$0.30/\$0.40
Additional Milk	\$0.35
Adult	\$2.75
Extra Entrée	\$0.90

To check the balance in your account or for additional information, contact:  
 Cynthia Pedersen  
 712 732 8074  
[cpedersen@slcsd.org](mailto:cpedersen@slcsd.org)

Menus are subject to change without notice.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410



**Milk Choice of 1%, Skim and Chocolate 1% is included with Lunch**