

OCTOBER 2018 LUNCH MENU

Orcas Island School

Free & Reduced applications are available on-line through your Skyward account or manual application can be picked up in the School Offices. K-5 Lunch \$2.75, 6th - 8th \$3.00, 9th-12th \$3.25 Reduced lunch K-3 is free, 4th through 12th is \$.40.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1)Chili, Corn Bread & Baked Squash	2)Italian Ziti, Garlic Bread & Italian Zucchini	3)TASTE OF WA: Shepherd's Pie, Homemade Applesauce, Roll & Salad	4)K-5 Mac&Cheese Yogurt & Fruit, Peas Animal Crackers MS & HS Butternut Squash & Chicken Curry on Rice	5)Hamburger or Cheese Burger French Fries HS Zucchini
8)Turkey Deli or Egg Salad Sandwich, Mac Salad HS Chips	9)Chicken Drumsticks, Rice & Gravy, Peas	10)Clam Chowder or Corn Chowder, Cheese Stick & Fruit Cup HS Cheese Toast	11)Meat Loaf Green Beans, Roll & Roasted Potatoes	12)Philly Cheese Steak or Sun Butter & Jelly Sandwich
15)Grilled Cheese or Tuna Melt, Tomato Soup, Juice Bar & Broccoli Salad	16)Spaghetti, Garlic Bread & Salad	17) K-5 No School Chef's Surprise	18) K-8 No School Chef's Surprise	19) K-8 No School Chef's Surprise
22)Hot Dog, Potato Rounds & Black Bean Salad	23)Chicken Noodle Soup K-5 Roll MS & HS Tomato, Cucumber, Basil, Cheese Sandwich	24)Beef Enchilada Spanish Rice & Mexican Cole Slaw	25)Pizza, Fruit Crisp & Salad	26)BBQ Pork, Baked Beans & Cole Slaw
29)Tuna Casserole, Peas & Rolls	30)K-5 Mac&Cheese, Yogurt, Crackers 6-12 th Brazilian Sweet Potato Stew & Corn Bread	31)Nachos & Pumpkin Bar		

1% or Fat Free Milk is served daily with lunch. Fat free chocolate milk is available on Fridays.
 We offer a variety of fruits and vegetables on our self serve bar. Local meat and vegetables will be served when available.
 In order to provide healthy, fresh meals we may make changes to the menu.
 This institution is an equal opportunity provider.

