SS Peter & Paul

Student Lunch $2.30 Milk Only $0.35 Adult Lunch $3.85

Your lunch includes: An entrée with protein and whole grains, vegetable side dish, fruit side dish, and a choice of milk.
Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.
Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

October

Monday	Tuesday	Wednesday	Thursday	Friday
1 Up Periscope Italian Sub Crunchy Celery Tropical Mixed Fruit	2 Spaghetti & Meat Sauce Garlic Breadstick California Blend Diced Pears	3 Cheese Filled Breadsticks (2) Baked Beans Diced Peaches	4 Burrito Corn Fruit Cocktail	5 Chicken Fajita on Soft Shell Romaine Ribbons Pineapple Tidbits
8 Hot Diggity Dog Celery Pineapple Tidbits	9 Chicken Alfredo with Rotini & Dinner Roll Broccoli Florets Applesauce	10 Soft Shell Tacos Refried Beans Diced Pears	11 TACO LUNCH	12 Chicken & Waffles Romaine Ribbons Diced Peaches
15 Chicken Quesadilla Seasoned Black Beans Tropical Mixed Fruit	16 Grilled Cheese & Tomato Soup Crunchy Celery Pineapple Tidbits	17 Turkey Gravy with Dinner Roll Mashed Potatoes Diced Pears	18 No School SSPP	19 No School SSPP
22 Lasagna Roll Up with Garlic Toast Power Peas Sweet Peaches	23 Chicken Smackers & Breadstick Crunchy Celery Diced Pears	24 Sloppy Joe on Bun French Fries Tropical Mixed Fruit	25 TACO LUNCH	26 French Toast Sticks & Sausage Baby Carrots Mandarin Oranges
29 Chicken Nuggets & Roll Mashed Potatoes Diced Peaches	30 Soft Shell Taco with Cheese Refried Beans Diced Pears	31 SSPP COLD LUNCH ONLY	November 1 TACO LUNCH	November 2 SSPP COLD LUNCH ONLY

A new Free & Reduced Application must be filled out EVERY year! Your application will EXPIRE in October if you do not apply! Visit www.lunchapp.com or ask your school office for a paper app!

LunchApp.com

SendMoneyToSchool.com

Questions? Comments?
twnelson@joniaschools.org

or call Food Service at 527-1731
Tracy Nelson, Food Service Director

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

(B) MWF – Pizza is second choice; Tues – Hamburger is second choice

(C) Peanut Butter and Jelly Uncrustable