

North Lakes

MENU

October

→→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Reduced

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CO

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, **OR** Oriental (1/2 cup = 15 calories, 3 g carb, 1 g protein, 5 g fat)
 Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, Tomatoes, **OR** Red/Green Peppers (1/4 cup = 15 calories, 3 g carb, 1 g protein, 5 g fat)

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, Watermelon, **OR** Berries (1/2 c = 60 calories, 15 g carb, 1 g protein, 0 g fat)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
QUESTIONS? CONTACT THE SCHOOL OFFICE @ 651-982-2773 or DONE RIGHT FOOD @ 651-702-5998 or www.donerightfood.com			1-Oct Multi-cheese Pita Melt Soft Breadstick Salad, Veggies, Fruit, Milk
5-Oct	6-Oct	7-Oct	8-Oct
Chicken Quesadilla Spanish Rice Salad, Veggies, Fruit, Milk	Beef & Bean Chili Cornbread Salad, Veggies, Fruit, Milk	Italian Chicken Sandwich Roasted Potatoes Salad, Veggies, Fruit, Milk	Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk
12-Oct	13-Oct	14-Oct	15-Oct
Soft Shell Beef Taco Refried Beans Salad, Veggies, Fruit, Milk	Chicken Chow Mein Asian Rice Veggies, Fruit, Milk	Italian Pasta & Meatballs French Bread Salad, Veggies, Fruit, Milk	NO SCHOOL TODAY
19-Oct	20-Oct	21-Oct	22-Oct
BBQ Beef Sandwich Baked Beans Salad, Veggies, Fruit, Milk	Turkey & Cheese Stuffed Baked Potato & Roll Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	Chicken Fajita Wrap Latin Rice Pilaf Salad, Veggies, Fruit, Milk
26-Oct	27-Oct	28-Oct	29-Oct
Beef & Cheese Nachos Mexican Rice Salad, Veggies, Fruit, Milk	White Chicken Chili Soft Breadstick Salad, Veggies, Fruit, Milk	Turkey & Cheese Melt Potato Wedges Salad, Veggies, Fruit, Milk	Beef & Cheese Lasagna Garlic Toast Salad, Veggies, Fruit, Milk

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other

Done Right Food
 School & Event Catering Services



er 2009

- \$.40, Adult - \$3.50

INTENT)

arbohydrate, 1 g protein)

c = 15 cal, 3 g carb, 1 g pro)
) cal, 15 g carb)

FRIDAY

2-Oct

Meatball Hoagie
Potato Wedges
Salad, Veggies, Fruit, Milk

9-Oct

BBQ Chicken Legs
Mashed Potatoes & Roll
Salad, Veggies, Fruit, Milk

16-Oct

*NO
SCHOOL
TODAY*

23-Oct

Philly Cheesesteak
Roasted Potatoes
Salad, Veggies, Fruit, Milk

30-Oct

BBQ Chicken Sandwich
Baked Beans
Salad, Veggies, Fruit, Milk

products.