



# OCTOBER | 2017

**Beacon Center Menu - K-5 \$2.65 /6- 8 \$2.95/ 9-12 - \$3.25**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Fajitas with Oven Roasted Vegetables Steamed Brown Rice Baby Carrots Fruit Choice	<b>3</b> Meatballs (6) w/ Brown Gravy (1 gr.K-8 & 2 gr. 9-12) Mashed Potatoes Carrot Sticks Fruit Choice	<b>4</b> Domino's Pizza Marinara Sauce Romaine Blend Salad Cauliflower Florets Fruit Choice	<b>5</b>  <b>HALF DAY</b>	<b>6</b>  <b>HALF DAY</b>
<b>9</b> Sweet Chili Thai Chicken Brown Rice Broccoli Florets Fruit Choice	<b>10</b> Beef & Nacho Cheese Sauce w/ WG Tortilla Chips Tomato Salsa Spinach Salad Fruit Choice	<b>11</b> Domino's Pizza Marinara Sauce Romaine Blend Salad Cauliflower Florets Fruit Choice	<b>12</b> Chicken Tenders (3) WG Dinner Roll (9-12 only) Oven Potatoes Baby Carrots & Romaine Blend Salad Fruit Choice	<b>13</b> Crunchy Beef & Cheese Taco (2) WG Dinner Roll (9-12 only) Spanish Rice Cherry Tomatoes Fruit Choice
<b>16</b> Chicken Nuggets (5) WG Dinner Roll (9- 12 only) Oven Potatoes Baby Carrots & Romaine Blend Salad	<b>17</b> Soft Shell Chicken Tacos (2) Refried Beans Red Pepper Strips Fruit Choice	<b>18</b> Domino's Pizza Marinara Sauce Romaine Blend Salad Cauliflower Florets Fruit Choice	<b>19</b> Beef Chili w/Cheddar Cheese WG Dinner Roll (9-12only) Celery Sticks Fruit Choice	<b>20</b> Hamburger on WG Bun Oven Fries Broccoli Florets Choice of Fruit
<b>23</b> Roasted Chicken Drumstick Mini Pretzel Roll Mashed Potatoes Baby Carrots & Romaine Blend Salad Fruit Choice	<b>24</b> Meatloaf w/ Brown Gravy Mashed Potatoes Golden Corn Cucumber Slices Fruit Choice	<b>25</b> Domino's Pizza Marinara Sauce Romaine Blend Salad Cauliflower Florets Fruit Choice	<b>26</b> Tangerine Chicken Stir-fry WG Dinner Roll (9-12only) Brown Rice Broccoli Florets Fruit Choice	<b>27</b> Chicken Patty Sandwich on WG Bun Oven Roasted Potatoes Fruit Choice
<b>30</b> Penne Pasta w/ Meaty Spaghetti Sauce WG Dinner Roll (9-12only) Green Beans Baby Carrots & Romaine Blend Salad Fruit Choice	<b>31</b>  <b>HALF DAY</b>			

## **News**

**Please join us for lunch!**

### **Alternate Meal Entree**

**Mon & Fri.:**

Low fat Yogurt w/ Grain Based Treat

**Tu, Wed, Thur:** PB & J Sandwich

### **Breakfast Menu: subject to change**

Monday: WG Asst'd Cereals, Graham Crackers,  
and Fruit Juice & Milk

Tuesday: Low fat Yogurt, Graham Crackers, Fruit  
& Milk

Wednesday: Kellogg's Crunchmania, Fruit Juice,  
& Milk

Thursday: WG Asst'd Cereals, Graham  
Crackers, Fruit Juice, & Milk

Friday: WG Fruit & Berry Nutrition Bar, Graham  
Crackers, Fruit Juice & Milk

**Energize your brain and body! Start your day  
with breakfast at school.**

Free & Reduced-Price Meal Applications are  
available in your school's main office or online  
[https://foodservice.resa.net/southgate/onlineapp  
s/Welcome.aspx](https://foodservice.resa.net/southgate/onlineapp/s/Welcome.aspx)

**Payments can be placed on student  
accounts by going to**

<https://www.mypaymentsplus.com/>

**Menu Subject to Change**

**Milk included with all meals.**

**GF= Gluten Free Upon request**