

Target Range/Lunch Menu

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Pasta, <> Garlic Toast, Caesar Salad, Sweet Peaches	2 Prairie Dog (Corn Dog), Fries, Ex-Ray Vision Carrots, Craisins	3 The "Whaler" Hoagie (fish) w/ Baja Cream Sauce & Salsa on the side, Fries, Creamy Coleslaw, Juicy Pears	4 Tiger Cheese Pizza, Crunchy Broccoli Salad, <>MT Apple	5 The "Clucker" Sandwich, Baked Beans, Sweet Corn, Frozen Fruit Cup
8 Breakfast-4-Lunch Waffles, Tri-Tators, Sausage Links, Juice	9 Chicken Drumstick, Pineapple Brown Rice, Leaf Storm Salad, <> MT Apples	10 "Slammin" Burger, Sweet Fries, <>Crisp Carrots & Dip, Juicy Grapes	11 Cinnamon Roll, <>Cow-A-Bunga Chili, Golden Corn, Fruit Explosion	12 Tiger Nacho's, <> Black Bean Corn Salsa, Refried Beans, Cheese Stick, Honeydew Cup
15 Chicken Noodle Soup, **PBJ, Peas-n-Carrots, Polar Blueberries	16 Chicken Alfredo, Tiger Rolls, Caesar Salad, Juicy Pears	17 Teriyaki Chicken Brown Rice Bowl, Egg Roll, Asian Slaw, Mandarin Orange Cup	18 NO SCHOOL TODAY	19 NO SCHOOL TODAY
22 French Bread Pizza, Autumn's Leaf Storm Salad, Peaches & Pears	23 Taco Soup, Baked Doritos, Juicy Corn, Applesauce Cup	24 Lasagna Roll-Ups, Garlic Toast, Caesar Salad, Fruit Cup	25 Quesadilla's, Chicken Tortilla Soup, Ex-Ray Vison Carrots, Craisins	26 "You Asked For It" Mac-n-Cheese, Pumpkin Muffins, Green Jean Peas, <>MT Apples
29 Chicken Strips, Jazzy Brown Rice, Juicy Green Beans, Polar Blueberries	30 Golden Calzones & Marinara, <>3 Sisters Soup, Savory Carrots, Fruit Cup	31 "Chillin" Burrritos, Grave Stones (Apple Churro), Cilantro Lime Rice, Mummy Teeth (corn), Goey Sauce Cup (applesauce)	**Substitute available for Peanut Allergies <> Contains MT Grown Items	Hot Lunch or Salad Bar...\$2.65 Reduced..... \$.40 Adult/Staff.....\$3.30 If you qualify for Free...both Breakfast & Lunch are Free

Apples are this month's Harvest of the Month. Did you know...

- Apples are in the fruit food group.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.
- Apples were brought to the United States in the 17th century.
- The wild ancestors of apples grow in the mountains of central Asia.

Menu is Subject to Change w/o Notice

