

<p>Flippin School District</p> <p>October 2019 Lunch Menu</p> 	<p>1</p> <p>Pizza Side Salad Green Beans Grapes Fruit Choice 9-12 Milk</p>	<p>2</p> <p>Chicken Nuggets Mashed Potatoes Oven Fried Okra Pineapple Gelatin Fruit Choice 9-12 Milk</p>	<p>3</p> <p>Beefy Nachos Lettuce and Tomato Refried Beans Mixed Fruit Banana Bread 9-12 Fruit Choice 9-12 Milk</p>	<p>4</p> <p>Burrito Lettuce-Tomato Seasoned Corn Strawberry Cup Graham Crackers Fruit Choice 9-12 Milk</p>
<p>7</p> <p>Cheese Pocket Garden Salad Carrot Sticks Pears Graham Crackers Fruit Choice 9-12 Milk</p>	<p>8</p> <p>Chicken Strips Mashed Potatoes California Blend Vegetables Orange Wedges Fruit Choice 9-12 Milk</p>	<p>9</p> <p>Baked Ham Sweet Potato Crunch Green Beans Tropical Fruit Hot Roll Fruit Choice 9-12 Milk</p>	<p>10</p> <p>Chili Potato Rounds Applesauce Cinnamon Roll Fruit Choice 9-12 Milk</p>	<p>11</p> <p>Teriyaki Bites Seasoned Rice Pinto Beans Broccoli Florets/Ranch Mandarin Oranges Graham Crackers 9-12 Fruit Choice 9-12 Milk</p>
<p>14</p> <p>Popcorn Chicken Mashed Potatoes Seasoned Carrots Mixed Fruit Biscuit Fruit Choice 9-12 Milk</p>	<p>15</p> <p>Sloppy Joe Cole Slaw Pickle Spear Pineapple Fruit Choice 9-12 Milk</p>	<p>16</p> <p>Chicken Spaghetti Green Peas Cherry Tomatoes Orange Hot Roll 9-12 Milk</p>	<p>17</p> <p>Hamburger Lettuce-Tomato-Pickle French Fries Apple Wedges Caramel Fruit Choice 9-12 Milk</p>	<p>18</p> <p>Chicken and Cheese Crispito Tortilla Chips/Salsa Celery Sticks/Ranch Yogurt Cup Peaches Fruit Choice 9-12 Milk</p>
<p>21</p> <p>Walking Tacos Lettuce-Tomato-Cheese Refried Beans Frozen Fruit Cup Fruit Choice 9-12 Milk</p>	<p>22</p> <p>Beef Fingers Mashed Potatoes Broccoli Salad Strawberry Cup Biscuit 9-12 Fruit Choice 9-12 Milk</p>	<p>23</p> <p>Ham and Cheese Roll Up Lettuce and Tomato French Fries Sliced Pears Chocolate Chip Cookie Fruit Choice 9-12 Milk</p>	<p>24</p> <p>Pizza Garden Salad Green Beans Banana Fruit Choice 9-12 Milk</p>	<p>25</p> <p>Chicken Stir Fry Seasoned Rice Carrot Sticks Mandarin Oranges Fortune Cookie Egg Roll 9-12 Fruit Choice 9-12 Milk</p>
<p>28</p> <p>Chili Dogs Potato Rounds Veggie Sticks Pineapple Fruit Choice 9-12 Milk</p>	<p>29</p> <p>Fish Wedge Macaroni and Cheese Pea Salad Apple Fruit Choice 9-12 Milk</p>	<p>30</p> <p>Baked Chicken Mashed Potatoes Spinach Salad Mandarin Oranges Biscuit Fruit Choice 9-12 Milk</p>	<p>31</p> <p>BBQ Rib Patty Sandwich Lettuce and Pickle Baked Beans Peaches Marshmallow Rice Square Fruit Choice 9-12 Milk</p>	 <p>USDA IS AN EQUAL OPPORTUNITY EMPLOYER</p>

