



CAESAR RODNEY SCHOOL DISTRICT ELEMENTARY / MIDDLE SCHOOL LUNCH MENU OCTOBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3  *Grilled Cheese Sandwich <i>w/cheddar Goldfish</i> *Cheeseburger Tomato Soup Green Beans 	4  *Dragon Noodles <i>w/roll</i> *Very Berry Yogurt Parfait <i>with Granola</i> Steamed Broccoli Mixed Vegetables	5 *Mickey's Cheese Pizza *BBQ Chicken BLT Sandwich Steamed Carrots  Roasted Fresh Cauliflower	6  *Chili Cheese Nachos <i>with Tostitos</i> *Turkey Chef Salad <i>w/rolls</i> Taco Fiesta Beans Steamed Peas	7 *Fish Nuggets <i>w/roll</i> *Chicken Cheesesteak Oven Baked Fries Steamed Corn
10 N A T I O N A L S C H O O L L U N C H W E E K *Tyson Chicken Tenders <i>w/roll</i> *Vegetarian Protein Power Pack Cheesy Mashed Potatoes Baked Beans	*Mandarin Chicken <i>w/rice & roll</i> *Chicken Patty Sandwich  Steamed Broccoli Mixed Vegetables	*Pepperoni Pizza <i>(Turkey Pepperoni)</i> *Chicken Tender Wrap Glazed Carrots Roasted Fresh Cauliflower	*Sausage, Egg & Cheese Croissant *Manager's Choice Chef Salad <i>w/rolls</i> Tater Tots Steamed Peas	14 W E E K  Teacher Inservice Day
17 *Chicken Drumstick <i>w/Mac & Cheese & roll</i> *Fruit & Yogurt Parfait <i>with Granola</i> Stewed Tomatoes Steamed Green Beans	18  *General Tso's Chicken <i>w/rice</i> *Cheese Quesadilla <i>w/salsa</i> Steamed Broccoli Mixed Vegetables	19 *Mickey's Cheese Pizza *Turkey & Cheese Sub Fresh Baby Carrots Roasted Fresh Cauliflower	20 *Turkey Taco <i>with Tostitos</i> *Turkey Chef Salad <i>w/rolls</i> Taco Fiesta Beans Steamed Peas	21 *Mini Cheese Calzones <i>w/Marinara cup</i> *Bacon Cheeseburger Steamed Corn Fresh Veggie Dippers
24 *Tyson Chicken Chunks <i>w/roll</i> *Hummus Cup <i>with Soft Pretzel</i> Oven Baked Fries Baked Beans	25  *Tangerine Chicken <i>w/rice & roll</i> *Peach Yogurt Parfait <i>with Granola</i> Steamed Broccoli Mixed Vegetables	26 *Meat-lover's Pizza *Chicken Patty Sandwich Steamed Carrots  Roasted Fresh Cauliflower	27 *Buffalo Chicken Mac & Cheese <i>w/roll</i> *Manager's Choice Chef Salad <i>w/rolls</i> Stewed Tomatoes Steamed Peas	28 ** HALF DAY ** *Turkey & Cheese Sub *Cheeseburger Celery Sticks Fresh Red Pepper Slices
31  *Grilled Cheese Sandwich <i>w/cheddar Goldfish</i> *Cheeseburger Tomato Soup Green Beans 	Nov. 1  *Dragon Noodles <i>w/roll</i> *Very Berry Yogurt Parfait <i>with Granola</i>  Steamed Broccoli Mixed Vegetables	Nov. 2 *Mickey's Cheese Pizza *BBQ Chicken BLT Sandwich Steamed Carrots Roasted Fresh Cauliflower	Nov. 3 *Chili Cheese Nachos <i>with Tostitos</i> *Turkey Chef Salad <i>w/rolls</i> Taco Fiesta Beans Steamed Peas	Nov. 4 ** HALF DAY ** *Turkey & Cheese Sub *Chicken Patty Sandwich Celery Sticks Fresh Red Pepper Slices

A Lunch May Consist of:

- 1 – Entrée Choice (Meat + Grain)
- 2 – Vegetable Choices
- 2 – Fruit / Fruit Juice
- 1 – Milk Choice




**USDA requires that a student select at least three items including a vegetable OR a fruit OR Fruit juice.*

Milk Choices

- 1% or Skim White
- Fat Free Chocolate
- Fat Free Strawberry



Available Daily:

-  Fresh Garden Side Salad
- Assorted Fresh Fruits 
- Assorted Cupped Fruit 
- PBJ Uncrustable Sandwich



All Bread Products Are Whole Grain



Menu subject to change without notice