

# ISLA 2017 - 2018

## October Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pasta w/ Marinara Sauce Cheese Bread Magnificent Melon Caesar Salad  <b>Sandwich Choice:</b> Cook's Choice Veggie ▼	3 BBQ Pulled Pork Sandwich Ω Mighty Mango Creamy Coleslaw  <b>Sandwich Choice:</b> Sun Butter ▼	4 Potato Bar with Toppings Crisp Apple Slices Bright Green Broccoli Dinner Roll  <b>Sandwich Choice:</b> Egg Salad	5 Chicken Quesadillas Pineapple, Mango and Melon Salad Radical Red Peppers  <b>Sandwich Choice:</b> Twin Cheese ▼	6 Beef Bulgogi Brown Rice Perfect Pears Edamame  <b>Sandwich Choice:</b> Veggie ▼
9 Baked Apple French Toast Pineapple & Mandarin Orange Salad Roasted Potatoes  <b>Sandwich Choice:</b> Cook's Choice Veggie ▼	10 Sun Butter Sandwich Wacky Watermelon Boy O Boy Baked Beans  <b>Sandwich Choice:</b> Sun Butter ▼	11 Swedish Meatballs over Pasta Mixed Fruit Medley Spinach Salad Focaccia  <b>Sandwich Choice:</b> Egg Salad	12 Chicken Tacos Cilantro Rice Power Pears Tasty Tomatoes  <b>Sandwich Choice:</b> Twin Cheese ▼	13 Chicken Parmesan w/ Pasta Pretty Peaches Cool Cauliflower Breadstick  <b>Sandwich Choice:</b> Veggie ▼
16 Italian Cheese Pizza ▼ Power Pears Italian Salad  <b>Sandwich Choice:</b> Cook's Choice Veggie ▼	17 Hamburger or Cheeseburger Cinnamon Applesauce Sweet Potato Wedges  <b>Sandwich Choice:</b> Sun Butter ▼	18 Oven Roasted Chicken Burstin Berries Mashed Potatoes & Gravy Dinner Roll  <b>Sandwich Choice:</b> Egg Salad	19 NO SCHOOL	20 NO SCHOOL
23 Pasta w/ Marinara Sauce Cheese Bread Magnificent Melon Caesar Salad  <b>Sandwich Choice:</b> Cook's Choice Veggie ▼	24 BBQ Pulled Pork Sandwich Ω Mighty Mango Creamy Coleslaw  <b>Sandwich Choice:</b> Sun Butter ▼	25 Potato Bar with Toppings Crisp Apple Slices Bright Green Broccoli Dinner Roll  <b>Sandwich Choice:</b> Egg Salad	26 Chicken Quesadillas Pineapple, Mango and Melon Salad Radical Red Peppers  <b>Sandwich Choice:</b> Twin Cheese ▼	27 Beef Bulgogi Brown Rice Perfect Pears Edamame  <b>Sandwich Choice:</b> Veggie ▼
30 Baked Apple French Toast Pineapple & Mandarin Orange Salad Roasted Potatoes  <b>Sandwich Choice:</b> Cook's Choice Veggie	31 Sun Butter Sandwich Wacky Watermelon Boy O Boy Baked Beans  <b>Sandwich Choice:</b> Sun Butter ▼			

### Lunch Prices:

Student Meal:	\$3.45
Adult Meal:	\$3.95
Milk w/ Cold Lunch:	\$0.60

### Menu Key:

Ω = Contains Pork  
 ▼ = Vegetarian

- There are two options for lunch at ISLA. Students can order the hot lunch choice or the sandwich choice. All lunches will include the fruit and vegetable options for the day and a carton of milk.
- Lactose Free milk is available for students by completing a request form. Forms are found on the ISLA Website
- All bread products served are whole grains
- Menus are subject to change based on availability of product
- **This institution is an equal opportunity employer and provider.**