




Parents: Visitors must call the front office by 9am to order their lunch the day they visit. The price of a visitor meal is \$3.00. We cannot charge any visitor lunches to your child's lunch account. Payments must be made in the front office before lunch. Thank you.

Fresh Fruit and Unlimited Salad Bar offered EVERYDAY!!

Milk or Juice Choice with each lunch. Drinking water is available.

Promontory Lunch October 2018



Mon	Tue	Wed	Thu	Fri
<p>1 A: Bean Burrito-DF B: Taco Bar-GF,DF Served with Seasoned Black Beans</p>	<p>2 A: Ham & Cheese Sandwich B: Chef Salad-GF,DF Served with Oven Baked French Fries</p>	<p>3 <u>PM Kindergarten</u> A: Chicken Alfredo B: Mandarin Chicken Salad-GF,DF</p>	<p>4 A: Cheese Pizza B: Sausage & Mushroom Pizza Served with Sweet Corn</p>	<p>5 A: Breakfast Pizza-GF,DF B: Fruit & Yogurt with Granola-GF Served with Muffin Square</p>
<p>8 A: Enchiladas-GF B: Taco Bar-GF,DF Served with Refried Beans</p>	<p>9 A: French Dip Sandwich B: Chef Salad-GF,DF Served with Oven Baked French Fries</p>	<p>10 <u>AM Kindergarten</u> A: Cheese Pizza B: Chicken Alfredo Pizza Served with Sweet Corn</p>	<p>11 A: Chili-GF,DF B: Baked Potato Bar-GF,DF Served with Homemade Cornbread</p>	<p>12 A: Teriyaki Rice Bowl-GF,DF B: Mandarin Chicken Salad-GF,DF</p>
<p>15 A: Cheese Quesadilla B: Taco Bar-GF,DF Served with Seasoned Black Beans</p>	<p>16 A: Hamburger-DF B: Mac & Cheese Served with Oven Baked French Fries</p>	<p>17 <u>PM Kindergarten</u> A: Cheese Pizza B: Sausage & Mushroom Pizza Served with Sweet Corn</p>	<p>18  Fall Break No School </p>	<p>19</p>
<p>22 A: Ham & Potato Soup-GF B: Chef Salad-GF,DF Served with Fresh Focaccia Bread</p>	<p>23 A: Breakfast Burrito-DF B: Fruit & Yogurt with Granola-GF</p>	<p>24 <u>AM Kindergarten</u> A: Cheese Pizza B: Pepperoni Pizza Served with Sweet Corn</p>	<p>25 A: Cheese Quesadilla B: Taco Salad-GF,DF Served with Mexican Fiesta Rice and Black Beans</p>	<p>26 A: Sloppy Joe-DF B: Mandarin Chicken Salad-GF,DF Served with Oven Baked French Fries</p>
<p>29 A: Bean Burrito-DF B: Taco Bar-GF,DF Served with Seasoned Black Beans</p>	<p>30 A: Breakfast Pizza-GF,DF B: Fruit & Yogurt-GF Served with Muffin Square</p>	<p>31 <u>PM Kindergarten</u> A: Chili-GF,DF B: Baked Potato Bar-GF,DF Served with Cornbread Holiday Treat </p>		

Please contact me with any diet/allergy needs. Most meals can be adapted to meet your needs. **Menu items possibly come in contact with gluten or dairy.

USDA is an equal opportunity provider and employer.