

2024

# OCTOBER

## Springville Union School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

CHOICE OF 1% UNFLAVORED OR NONFAT Chocolate MILK SERVED DAILY - ALLERGY SUBSTITUTE ARE SOY, JUICE OR OTHER. ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. CONDIMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS. ALL BREADS AND PASTAS ARE WHOLE GRAIN.

\*CONTAINS BEEF MEAT  
# CONTAINS PORK MEAT

**1**

- \*Hot Dog
- Baked Beans
- Ketchup & Mustard
- Green Salad
- Apple Slices

**2**

- Grilled Cheese Sandwich
- Marinara Dip
- Green Beans
- Diced Pears
- Sports Bites

**3**

- #Potato Soup with bacon bits
- Whole Grain Bread Stick
- Rom Tom Salad
- Diced Peaches

**4**

- Cheese Pizza
- Ranch Dip
- Cooked carrots
- Frozen berries

**7**

- #BBQ Pork Rib Sandwich
- Garbanzo Beans
- Lettuce, Tomato, mayo
- Apple

**8**

- Chicken Fajita With bell peppers
- Black Beans
- Salsa
- Mandarin Orange

**9**

- \*Cheeseburger
- Sweet Potato Fries
- Cucumber & Tomato Salad
- Diced Pears

**10**

- \*Vegetable Beef Soup
- Corn Bread
- Green Salad
- Sliced Peaches

**11**

- #Pepperoni Pizza
- Baby Carrots & Celery
- Ranch Dip
- Grapes
- Vanilla Pudding

**14**

**Professional Development Day**  
**No School**

**15**

- \*Beef Tacos
- Black Beans
- Guacamole, Shredded Lettuce, tomato, cheese
- Mixed Fruit
- Minimum Day 1pm Dismissal**

**16**

- Chicken Sandwich With Dipping Sauce
- Lettuce, tomato
- Tater Tots
- Blueberry cups
- Minimum Day 1pm Dismissal**

**17**

- Turkey Meatball Sandwich With cheese
- Zucchini Sticks & Ranch
- Mandarin Oranges
- Minimum Day 1pm Dismissal**

**18**

- Cheese Pizza
- Marinara Dip
- Green Salad
- Frozen fruit cup
- Minimum Day 1pm Dismissal**

**21**

- Turkey Sub with Cheese
- Mixed Greens
- Graham Cracker
- Diced Peaches

**22**

- Cheese quesadilla
- Refried Beans
- Lettuce, Salsa
- Pear

**23**

- \*Meatloaf
- Mashed Potatoes/Gravy
- Cut Corn
- Hot Roll
- Cinnamon Apple Slices

**24**

- Spaghetti Marinara
- Rom Tom Salad
- Italian Dressing
- Bread Roll
- Frozen Strawberry Cup

**25**

- #Pepperoni Pizza
- Spinach Green Salad
- Ranch Dressing
- Mixed Fruit

**28**

- Chicken Taquitos/salsa
- French Fries
- Black Beans
- Diced Peaches

**29**

- #Hot Ham & Cheese Sub
- Rom Tom Salad
- Potato Chips
- Pear

**30**

- Mac & Cheese
- Mixed Vegetables
- Applesauce Cup
- Graham Cracker

**31**

- \*Beef Nachos
- Refried Beans
- Tomatoes, Lettuce
- Salsa
- Lemon & Lime Slices