

Nelson Rural School Cafeteria

October

Main Meal of the Day \$5.50
Healthy Side is Choice of Fruit/veggie Cup

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | | | 1 Picnic Plate | 2 Garlic fingers & Healthy Side |
| 5 Ham & Cheese Oven Subs Healthy Side | 6 Tomato Hamburger Macaroni Casserole & Dinner Roll | 7 Chicken Quesadilla & Healthy side | 8 Special Meal to be Announced | 9 Cheese Pizza Healthy Side |
| 12 Happy Thanksgiving! | 13 Lasagna & Healthy Side | 14 BBQ Chicken With Mashed Potatoes & Vegetables | 15 Picnic Plate | 16 Garlic fingers & Healthy Side |
| 19 Grilled Cheese & Tomato Hamburger Macaroni Soup | 20 Spaghetti & roll | 21 Shepherd's Pie | 22 Chicken Quesadilla & Healthy side | 23 Cheese Pizza Healthy Side |
| 26 Ham & Cheese Oven Subs Healthy Side | 27 Lasagna & Healthy Side | 28 BBQ Chicken With Mashed Potatoes & Vegetables | 29 Picnic Plate | 30 Garlic fingers & Healthy Side |

Soup of the Day \$2.50, with a home made roll \$3.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------------|-----------|------------|--|
| Tomato Hamburger & Macaroni Soup | Chicken Noodle Soup | Chili | Nacho Soup | Tomato Hamburger & Macaroni Soup |

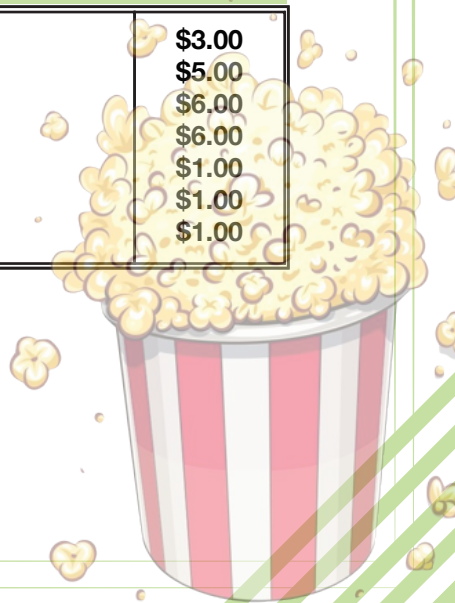
Every Day Choices

| | | | |
|-----------------------|--------|-------------------------|--------|
| Grilled Cheese | \$3.00 | Caesar Salad - Small | \$3.00 |
| Hamburger | \$4.00 | Caesar Salad - Large | \$5.00 |
| CheeseBurger | \$4.50 | — With Chicken Breast — | \$6.00 |
| Chicken Burger | \$4.50 | Chef Salad - Large | \$6.00 |
| Egg Salad Sandwich | \$4.00 | Assorted Whole Fruit | \$1.00 |
| Ham & Cheese Sandwich | \$4.25 | Assorted Cut Fruit | \$1.00 |
| Assorted Wraps | \$4.50 | Assorted Cut Veggies | \$1.00 |

Beverages

| | | | |
|---------------|--------|--------------|--------|
| Milk | \$0.50 | Daily Treats | \$1.00 |
| Bottled Water | \$1.25 | Popcorn | \$1.00 |

Sweets and Treats



Nelson Rural School Cafeteria September

Main Meal of the Day \$5.50
Healthy Side is Choice of Fruit/veggie Cup

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 7 Labor Day | 8 Ham & Cheese Oven Subs Healthy Side | 9 Ham & Cheese Oven Subs Healthy Side | 10 Chicken Quesadilla & Healthy side | 11 Cheese Pizza Healthy Side |
| 14 Grilled Cheese & Tomato Hamburger Macaroni Soup | 15 Lasagna & Healthy Side | 16 BBQ Chicken With Mashed Potatoes & Vegetables | 17 Picnic Plate | 18 Garlic Fingers & Healthy Side |
| 21 Ham & Cheese Oven Subs Healthy Side | 22 Tomato Hamburger Macaroni Casserole & Dinner Roll | 23 Shepherd's Pie | 24 Chicken Quesadilla & Healthy side | 25 Cheese Pizza Healthy Side |
| 28 Grilled Cheese & Tomato Hamburger Macaroni Soup | 29 Lasagna & Healthy Side | 30 BBQ Chicken With Mashed Potatoes & Vegetables | | |

Soup of the Day \$2.50, with a home made roll \$3.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------|--------------|-------------------|---|
| Tomato Hamburger & Macaroni Soup | Chicken Noodle Soup | Chili | Nacho Soup | Tomato Hamburger & Macaroni Soup |

Every Day Choices

| | | | |
|----------------------------------|---------------|--------------------------------|---------------|
| Grilled Cheese | \$3.00 | Caesar Salad - Small | \$3.00 |
| Hamburger | \$4.00 | Caesar Salad - Large | \$5.00 |
| CheeseBurger | \$4.50 | — With Chicken Breast — | \$6.00 |
| Chicken Burger | \$4.50 | Chef Salad - Large | \$6.00 |
| Egg Salad Sandwich | \$4.00 | Assorted Whole Fruit | \$1.00 |
| Ham & Cheese Sandwich | \$4.25 | Assorted Cut Fruit | \$1.00 |
| Assorted Wraps | \$4.50 | Assorted Cut Veggies | \$1.00 |

Beverages

Sweets and Treats

| | | | |
|----------------------|---------------|---------------------|---------------|
| Milk | \$0.50 | Daily Treats | \$1.00 |
| Bottled Water | \$1.25 | Popcorn | \$1.00 |