



Inola Public Schools Elementary Lunch Menu

October
2021

Fresh Fruits and Vegetables are served daily



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | <p>1</p> <p>Chicken & Gravy Whole Grain Dinner Roll</p> <p>Cherry Tomato Fresh Pineapple Mashed Potatoes Glazed Carrots</p> <p>1% Milk</p> |
| <p>4</p> <p>No school</p> | <p>5</p> <p>BBQ Chicken Sandwich</p> <p>Applesauce Orange Halves Green Beans Radish</p> <p>1% Milk</p> | <p>6</p> <p>Soft Beef Tacos Salsa</p> <p>Spicy Pinto Beans Mixed Canned Fruit Apple Slices Cucumber Slices</p> <p>1% Milk</p> | <p>7</p> <p>Wing Bar BBQ Sauce</p> <p>Roasted Corn Baby Carrots Strawberries Applesauce</p> <p>1% Milk</p> | <p>8</p> <p>Hot Ham & Cheese Sandwich</p> <p>Fresh Mixed Fruit Fresh Apple Cauliflower Floret Maple Roasted Apples & Carrots</p> <p>1% Milk</p> |
| <p>11</p> <p>No School Fall Break</p> | <p>12</p> <p>No School Fall Break</p> | <p>13</p> <p>No School Fall Break</p> | <p>14</p> <p>No School Fall Break</p> | <p>15</p> <p>No School Fall Break</p> |
| <p>18</p> <p>No School</p> | <p>19</p> <p>Mini Corn Dogs</p> <p>Orange Halves Baked Beans Cucumber Slices Applesauce 1% Milk</p> | <p>20</p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Fresh Mixed Fruit Golden French Fries Broccoli Florets Orange Halves</p> <p>1% Milk</p> | <p>21</p> <p>Chicken Alfredo w/Pasta Bread Stick</p> <p>Diced Pears Apple Slices W/ Ranch Cherry Tomato</p> <p>1% Milk</p> | <p>22</p> <p>Cheese Pizza</p> <p>Fresh Pineapple Diced Peaches Steamed Green Beans Red Peppers</p> <p>1% Milk</p> |
| <p>25</p> <p>No school</p> | <p>26</p> <p>Cheeseburger on Bun</p> <p>Applesauce Strawberries Roasted Zucchini Broccoli Florets</p> <p>1% Milk</p> | <p>27</p> <p>Turkey Deli Sandwich Kettle Potato Chips</p> <p>Diced Pears Baked Beans Cherry Tomato Watermelon Chunks</p> <p>1% Milk</p> | <p>28</p> <p>Beef & Cheese Quesadilla</p> <p>Refried Beans Cold Sandwich/Wrap Steamed Corn Pineapple Tidbits</p> <p>1% Milk</p> | <p>29</p> <p>Chili Dog</p> <p>Fresh Grapes Applesauce Steamed Green Beans Celery Sticks</p> <p>1% Milk</p> |

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| PRICES | All Students | EXTRA INFO | FREE | HARVEST OF THE MONTH | | THE MONTH |
| | Adults | | <p>1% White or 1% Chocolate Milk is included with lunch.</p> <p>For questions or comments contact Rebecca Lamantia, Food Service Director at: 918-543-6282</p> <p>Or email rlamantia@inola.k12.ok.us</p> | | | |

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