



OCTOBER | 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Dog on a Bun w/ Ketchup Carrots Fresh Fruit Choice of Milk <small>Calories: 555 Sodium: 1290 Carbs with WHITE MILK: 85.5 Carbs with CHOCOLATE MILK: 96.5</small>	3 Swedish Meatballs w/ Gravy Brown Rice Broccoli Fresh Fruit Choice of Milk <small>Calories: 585 Sodium: 1185 Carbs with WHITE MILK: 87 Carbs with CHOCOLATE MILK: 98</small>	4 Corndog w/ Ketchup Corn Fresh Fruit Choice of Milk <small>Calories: 612 Sodium: 1122 Carbs with WHITE MILK: 88 Carbs with CHOCOLATE MILK: 99</small>	5 Italian Club Salad w/ Ranch Dressing WGR Cracker Celery Fresh Fruit Choice of Milk <small>Calories: 592 Sodium: 1028 Carbs with WHITE MILK: 83 Carbs with CHOCOLATE MILK: 94</small>	6 No School
9 No School	10 No School	11 No School	12 No School	13 No School
16 Turkey Frank w/ Ketchup Carrots Fresh Fruit Choice of Milk <small>Calories: 555 Sodium: 1290 Carbs with WHITE MILK: 85.5 Carbs with CHOCOLATE MILK: 96.5</small>	17 Meatballs w/ Gravy Brown Rice Broccoli Fresh Fruit Choice of Milk <small>Calories: 585 Sodium: 1185 Carbs with WHITE MILK: 87 Carbs with CHOCOLATE MILK: 98</small>	18 Corndog w/ Ketchup Bean Salad Fresh Fruit Choice of Milk <small>Calories: 707 Sodium: 985 Carbs with WHITE MILK: 88 Carbs with CHOCOLATE MILK: 99</small>	19 Sloppy Jo Sandwich Corn w/ Ranch Dipping Cup Fresh Fruit Choice of Milk <small>Calories: 660 Sodium: 1250 Carbs with WHITE MILK: 90 Carbs with CHOCOLATE MILK: 101</small>	20 Club Salad w/ Ranch Dressing WGR Cracker Celery Fresh Fruit Choice of Milk <small>Calories: 592 Sodium: 1028 Carbs with WHITE MILK: 83 Carbs with CHOCOLATE MILK: 94</small>
23 Turkey and Cheese Sandwich w/ Mayo Packet Vegetarian Beans Fresh Fruit Choice of Milk <small>Calories: 592 Sodium: 1028 Carbs with WHITE MILK: 83 Carbs with CHOCOLATE MILK: 94</small>	24 Beef and Cheese Nachos w/ Salsa & Black Olives Fresh Fruit Choice of Milk <small>Calories: 687.5 Sodium: 885 Carbs with WHITE MILK: 85 Carbs with CHOCOLATE MILK: 96</small>	25 Chicken Nuggets w/ BBQ Dipping Cup Corn Fresh Fruit Choice of Milk <small>Calories: 501 Sodium: 876 Carbs with WHITE MILK: 75.5 Carbs with CHOCOLATE MILK: 86.5</small>	26 Meatball Sub w/ Cheese Broccoli w/ Ranch Cup Fresh Fruit Choice of Milk <small>Calories: 693 Sodium: 1432 Carbs with WHITE MILK: 101.5 Carbs with CHOCOLATE MILK: 112.5</small>	27 Turkey and Egg Salad WGR Cracker Celery w/ Ranch Cup Fresh Fruit Choice of Milk <small>Calories: 592 Sodium: 1028 Carbs with WHITE MILK: 83 Carbs with CHOCOLATE MILK: 94</small>
30 Corndog w/ Ketchup Bean Salad Fresh Fruit Choice of Milk <small>Calories: 707 Sodium: 985 Carbs with WHITE MILK: 88 Carbs with CHOCOLATE MILK: 99</small>	31 Turkey Dog on a Bun w/ Ketchup Carrots Fresh Fruit Choice of Milk <small>Calories: 555 Sodium: 1290 Carbs with WHITE MILK: 85.5 Carbs with CHOCOLATE MILK: 96.5</small>			

LUNCH MENU

K- 8th Grade

Northeast Ohio College Preparatory School

Cleveland College Preparatory School

Lake Erie Preparatory School

Euclid Preparatory School

*** Milk Choices ***
8 oz. 1% White Milk
Or
8 oz. Fat-Free Chocolate Milk

“This institution is an equal opportunity provider.”

Menu is subject to change!