




# Immaculate Conception Regional School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>POPCORN CHICKEN</b> <sup>2-Oct</sup> WG Breadstick Salad & Fruit Bar Nonfat & 1% Milk	<b>SPICY CHICKEN BURGER</b> <sup>3-Oct</sup> French Fries Salad & Fruit Bar Nonfat & 1% Milk	<b>CHEESEBURGER MAC</b> <sup>4-Oct</sup> Corn Salad & Fruit Bar Nonfat & 1% Milk  <b>TASTE OF WA DAY!!</b>	<b>NOON DISMISSAL NO LUNCH</b> <sup>5-Oct</sup>	<b>TEACHER IN SERVICE</b> <sup>6-Oct</sup> No School Have a great Weekend!!! <b>See You Monday</b>
<b>TERIYAKI DIPPERS</b> <sup>9-Oct</sup> Brown Rice Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk	<b>GRILLED CHEESE</b> <sup>10-Oct</sup> Tomato Soup Salad & Fruit Bar Nonfat & 1% Milk	<b>SPAGHETTI &amp; MEATSAUCE</b> <sup>11-Oct</sup> Dinner Roll Salad & Fruit Bar Nonfat & 1% Milk	<b>CHICKEN QUESADILLA</b> <sup>12-Oct</sup> Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk	<b>POPCORN CHICKEN</b> <sup>13-Oct</sup> WG Breadstick Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>


Meal Prices:	
K-4 Lunch	\$3.25
5-8 Lunch	\$3.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

**TASTE WASHINGTON DAY** 

Taste Washington Day is a great way to sample fruits and veggies grown locally in Washington state. This celebration is sponsored by The Washington School Nutrition Association (WSNA) and Washington State Department of Agriculture.

*Be sure to join us Wednesday, October 4th as we sample Skagit County's whole grain bread from The Bread Lab.*


 Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!
 

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TERIYAKI CHICKEN</b> <sup>16-Oct</sup> Steamed Brown Rice Sliced Peaches Salad & Fruit Bar Nonfat & 1% Milk	<b>PULLED PORK SANDWICH</b> <sup>17-Oct</sup> Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk	<b>BAKED POTATO</b> <sup>18-Oct</sup> w/ Ham & Cheese Sauce Steamed Broccoli Salad & Fruit Bar Nonfat & 1% Milk <b>Harvest of the Month!</b>	<b>PEPPERONI PIZZA</b> <sup>19-Oct</sup> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk	<b>CARNE ASADA FAJITA</b> <sup>20-Oct</sup> Jicama & Lime Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>MANDARIN ORANGE CHICKEN</b> <sup>23-Oct</sup> Steamed Brown rice Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	<b>CHEESEBURGER</b> <sup>24-Oct</sup> Potato Smiles Salad & Fruit Bar Nonfat & 1% Milk	<b>CREAMY CHICKEN ALFREDO</b> <sup>25-Oct</sup> Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk	<b>NACHOS</b> <sup>26-Oct</sup> Sliced Pears Salad & Fruit Bar Nonfat & 1% Milk	<b>POPCORN CHICKEN</b> <sup>27-Oct</sup> WG Breadstick Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>TERIYAKI DIPPERS</b> <sup>30-Oct</sup> Brown Rice Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk	<b>CHICKEN BURGER</b> <sup>31-Oct</sup> French Fries Orange Jello Salad & Fruit Bar Nonfat & 1% Milk			

This institution is an equal opportunity provider and employer. Menu subject to change without notice.  
**Questions? Call David Connors, Food Services Director, at (360) 428-6149.**