Mountaineer Calendar

Brought to you by Van Arsdale PTSA

October 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Teriyaki Chicken w/ Fried Rice Texas Chili w/ Cinnamon Roll Mini Pretzel, Cheese Stick and Seeds Oriental Vegetables	2 Entrée Salad w/ Whole Grain Roll Bean and Cheese Burrito Chicken Parmesan Sandwich on a Bun Pintos & Cheese	3 Cheese Ravioli w/ Whole Grain Roll Fish and Chips Mediterranean Chicken Wrap Potato Wedges	4 Entrée Salad w/ Whole Grain Roll Big Daddy's Pizza Vegetable Lasagna w/ Creamy Marinara
7 Entrée Salad w/ Whole Grain Roll Hot Dog w/Chili Chicken Breast and Cheese Sandwich Potato Wedges	8 Crispy Chicken Drumstick Turkey Vegetable Soup w/ Cinnamon Roll Back Pack Lunch w/ Yogurt and Seeds Sunshine Carrots	9 Entrée Salad w/ Whole Grain Roll Macho Nachos BBQ Turkey on a Bun Pintos & Cheese **PTSA Meeting, Principal's Report, Vault**	10 Mac & Cheese Pork Egg Roll/Fried Rice Ham Wrap **Cookie Dough Pickup** **Limo to Lunch Prize**	11 Entrée Salad w/ Whole Grain Roll Galaxy Pizza Turkey Pot Pie
14 Entrée Salad w/ Whole Grain Roll French Toast Sticks w/ Hot Fruit Compote; Sausage Spicy Italian on a Bun **Book Fair**	15 Crispy Chicken Sandwich on Gold Fish Bun Broccoli & Cheese Soup w/ Cinnamon Roll Mini Pretzel, Cheese Stick and Seeds Sweet Potato Chunks **Book Fair**	16 Entrée Salad w/ Whole Grain Roll Turkey Street Tacos Hot Ham & Cheese on a Bun Pintos & Cheese **Book Fair**	17 Pasta Carbonara W/ Whole Grain Roll Hamburger/Cheeseburger Chicken Breast Wrap Potato Wedges **Book Fair**	18 Entrée Salad w/ Whole Grain Roll Big Daddy's Pizza Lemon Herb Roasted Chicken w/ Whole Grain Roll
21 Entrée Salad w/ Whole Grain Roll Turkey and Gravy w/ Whole Grain Roll Chicken Breast and Cheese Sandwich Mashed Potatoes	22 Chicken Nuggets Turkey/White Bean Chili w/ Cinnamon Roll Back Pack Lunch w/ Yogurt and Seeds	23 Turkey Wrap Veggie Juice Fruit Cookie **Early Release, 1:00 Dismissal**	24 Spaghetti w/ Meat Sauce Crispy Chicken Sandwich on Gold Fish Bun Grilled Chicken Caesar Wrap Sunshine Carrots	25 Entrée Salad w/ Whole Grain Roll Galaxy Pizza Tamale Pie
28 Entrée Salad w/ Whole Grain Roll Hamburger/Cheeseburger Spicy Italian on a Bun Sweet Potato Chunks **Outdoor Lab**	29 Teriyaki Chicken w/ Fried Rice Texas Chili w/ Cinnamon Roll Mini Pretzel, Cheese Stick and Seeds Oriental Vegetables **Outdoor Lab**	30 Entrée Salad w/ Whole Grain Roll Bean and Cheese Burrito Chicken Parmesan Sandwich on a Bun Pintos & Cheese **Outdoor Lab**	31 Cheese Ravioli w/ Whole Grain Roll Fish and Chips Mediterranean Chicken Wrap Potato Wedges **Outdoor Lab** **Halloween Parties**	
Daily Side Choices				
Broccoli/Cauliflower Side Salad Fresh Fruit Canned Fruit 1% White Milk Non-fat Chocolate Milk	Baby Carrots Side Salad Veggie Juice Fresh Fruit Canned Fruit 1% White Milk Non-fat Chocolate Milk	Broccoli/Cauliflower Side Salad Fresh Fruit Canned Fruit 1% White Milk Non-fat Chocolate Milk	Baby Carrots Side Salad Veggie Juice Fresh Fruit Canned Fruit 1% White Milk Non-fat Chocolate Milk	Broccoli/Cauliflower Side Salad Fresh Fruit Canned Fruit 1% White Milk Non-fat Chocolate Milk

For more information visit www.vanarsdaleelementary.digitalpta.org or https://sites.google.com/a/jeffcoschools.us/vanarsdale-es/.