

October,

UPA Thompson Elem Supper

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Monday

Tuesday

Wednesday

Thursday

Friday

<p>Turkey Salami & Cheese on WW Bread</p> <p>Baby Carrots Pineapple Cup (58)1% White or FF Flavored Milk(19)</p> <p>608:1551:77 1</p>	<p>Turkey Ham & Cheese Sandwich on WW Bread</p> <p>Cherry Tomatoes Chefs Choice Fresh Fruit (76)1% White or FF Flavored Milk(19)</p> <p>640:1304:96 2</p>	<p>Turkey Bologna & Cheese on WW Thin Bun</p> <p>Broccoli Florets & Baby Carrots Fresh Banana (33)1% White or FF Flavored Milk(19)</p> <p>457:1135:52 3</p>	<p>Turkey Ham Roll on WW Tortilla</p> <p>Romaine Salad Cup Fresh Orange (27)1% White or FF Flavored Milk(19)</p> <p>333:796:46 4</p>	<p>Sunbutter & Jelly Sandwich</p> <p>String Cheese Baby Carrots Fresh Apple (24)1% White or FF Flavored Milk(19)</p> <p>286:420:43 5</p>
<p>No School</p> <p>8</p>	<p>Italian Sub(Turkey Ham, Turkey Salami, Mozz Chz)</p> <p>Romaine Salad Cup Apple Slices (49)1% White or FF Flavored Milk(19)</p> <p>495:1195:68 9</p>	<p>Turkey Ham on WW Bun</p> <p>Broccoli Florets Fresh Banana (51)1% White or FF Flavored Milk(19)</p> <p>371:628:70 10</p>	<p>Turkey Salami & Cheese on WW Thin Bun</p> <p>Celery Sticks Fresh Orange (25)1% White or FF Flavored Milk(19)</p> <p>425:1229:45 11</p>	<p>Sunbutter & Jelly Sandwich</p> <p>String Cheese Baby Carrots Fresh Apple (24)1% White or FF Flavored Milk(19)</p> <p>286:420:43 12</p>
<p>Turkey & Cheese Roll on WW Tortilla</p> <p>Romaine Salad Cup Fresh Orange (40)1% White or FF Flavored Milk(19)</p> <p>463:991:59 15</p>	<p>Yogurt</p> <p>String Cheese WG Muffin Baby Carrots Fruit Cup (42)1% White or FF Flavored Milk(19)</p> <p>424:620:61 16</p>	<p>Turkey Salami & Cheese on WW Bread</p> <p>Baby Carrots Fresh Banana (68)1% White or FF Flavored Milk(19)</p> <p>587:1236:87 17</p>	<p>Turkey Bologna & Cheese on WW Thin Bun</p> <p>Broccoli Florets & Baby Carrots Fresh Apple Slices (17)1% White or FF Flavored Milk(19)</p> <p>398:1135:36 18</p>	<p>Turkey Ham Sandwich on WW Bun</p> <p>Celery Sticks Fresh Apple (46)1% White or FF Flavored Milk(19)</p> <p>367:829:65 19</p>
<p>Turkey Salami and Cheese on WW Thin Bun</p> <p>Celery Sticks Mandarin Orange Cup (6)1% White or FF Flavored Milk(19)</p> <p>345:1229:26 22</p>	<p>Turkey & Swiss on Thin Bun</p> <p>Broccoli Florets Chefs Choice Fresh Fruit (53)1% White or FF Flavored Milk(19)</p> <p>555:1218:72 23</p>	<p>Deli Chicken Salad Cup</p> <p>WW Crackers Grape Tomatoes Fresh Banana (40)1% White or FF Flavored Milk(19)</p> <p>411:353:59 24</p>	<p>Turkey Ham Roll on WW Tortilla</p> <p>Romaine Salad Cup Fresh Orange (27)1% White or FF Flavored Milk(19)</p> <p>333:796:46 25</p>	<p>Turkey & Cheese Sandwich on WW Bun</p> <p>Broccoli Florets Fresh Apple (47)1% White or FF Flavored Milk(19)</p> <p>471:1113:66 26</p>
<p>Turkey Salami & Cheese on WW Bread</p> <p>Baby Carrots Pineapple Cup (58)1% White or FF Flavored Milk(19)</p> <p>608:1551:77 29</p>	<p>Turkey Ham & Cheese Sandwich on WW Bread</p> <p>Cherry Tomatoes Chefs Choice Fresh Fruit (76)1% White or FF Flavored Milk(19)</p> <p>640:1304:96 30</p>	<p>Turkey Bologna & Cheese on WW Thin Bun</p> <p>Broccoli Florets & Baby Carrots Fresh Banana (33)1% White or FF Flavored Milk(19)</p> <p>457:1135:52 31</p> <p>Happy Halloween!</p>	<p>608:1551:77</p>	<p>608:1551:77</p>



Thought for Thought

Let a man avoid evil deeds as a man who loves life avoids poison. - Buddha

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:465 AvgSod(mg):1053 AvgCarbs(g):62
"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

