



Rosamond Library Dinner Menu

October 2019

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits throughout the month. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. All bread products are whole grain and all featured menu items contain zero trans fat. A meal includes an entrée, fruit and vegetable selection and milk. You must take three of the five components and one must be a fruit or vegetable, or a combination of both. Menu is subject to change without notice.

Monday

Tuesday 10/1

Wednesday

Thursday 10/3

Friday 10/4

American Sub
Baby Carrots
Fresh Fruit

Turkey and Cheese
Sandwich
Baby Carrots
Fresh Fruit

Ham and Cheddar Cheese
Sandwich
Baby Carrots
Fresh Fruit

Monday

Tuesday 10/8

Wednesday

Thursday 10/10

Friday 10/11

American Sub
Baby Carrots
Fresh Fruit

Turkey and Cheese
Sandwich
Baby Carrots
Fresh Fruit

Ham and Cheddar Cheese
Sandwich
Baby Carrots
Fresh Fruit

Monday

Tuesday 10/15

Wednesday

Thursday 10/17

Friday 10/18

American Sub
Baby Carrots
Fresh Fruit

Turkey and Cheese
Sandwich
Baby Carrots
Fresh Fruit

Ham and Cheddar Cheese
Sandwich
Baby Carrots
Fresh Fruit

Monday

Tuesday 10/22

Wednesday

Thursday 10/24

Friday 10/25



American Sub
Baby Carrots
Fresh Fruit

Turkey and Cheese
Sandwich
Baby Carrots
Fresh Fruit

Ham and Cheddar Cheese
Sandwich
Baby Carrots
Fresh Fruit

Monday

Tuesday 10/29

Wednesday

Thursday 10/31

Friday

American Sub
Baby Carrots
Fresh Fruit

Turkey and American
Cheese
Sandwich
Baby Carrots
Fresh Fruit



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with **V**.

For menu nutritional information and items containing common food allergens please visit www.skusd.k12.ca.us