

October Lunch Menu

All items on menu are Baked and not fried.

Fresh vegetables are available every day.

Salad bar offered as An entrée unless Specified.

All bread served is whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
10/3/16	10/4/16	10/5/16	10/6/16	10/7/16
NO SCHOOL CANADIAN BAC SUB-TURKEY	WG Chicken Patty WG Bun Gold Fish Berry cups Baby carrots Milk PEPPERONI ITALIAN COMBO	All Beef Hot dog WG bun Scooby Grahams Grapes Celery sticks Milk SAUSAGE HAM	Chicken Burrito Bowl Brown Rice Fajita Veggies Blk. Beans Diced Peaches Milk MEAT LOVERS HOT BEEF	Italian Dip its W/Marinara cup Green Beans Applesauce cups Milk CHEESE TURKEY
10/10/16	10/11/16	10/12/16	10/13/16	10/14/16
WG Chicken Strip Rollups Broccoli/Cauliflower Apple Slices/Milk Fritos CANADIAN BAC SUB-TURKEY	Mandarin Chicken Brown Rice Oriental Veggies Pineapple Milk PEPPERONI ITALIAN COMBO	BBQ Riblet W bun Fritos Diced Pears Broccoli/Califlower Milk SAUSAGE HAM	Walking Tacos Corn Diced Peaches Blk Bean Salsa Milk MEAT LOVERS MEATBALL	Mini Corn Dogs Cheetos Celery Sticks Applesauce cups Milk CHEESE TURKEY
10/17/16	10/18/16	10/19/16	10/20/16	10/21/16
BBQ Pulled Pork On WG bun Gold Fish Baked Beans Fruit cocktail/milk CANADIAN BAC SUB-TURKEY	Chicken Nuggets Scooby Grahams Kiwi Baby Carrots Milk PEPPERONI ITALIAN COMBO	Italian sloppy Joes W/WG Garlic toast Green Beans Diced Peaches Milk SAUSAGE HAM	Beef soft tacos Refried Beans Blk Bean salsa Orange slices Milk MEAT LOVERS PHILLY STEAK	Tenderloin/WG bun Scooby Grahams Applesauce cups Baked Beans Milk CHEESE TURKEY
10/24/16	10/25/16	10/26/16	10/27/16	10/28/16
Popcorn Chicken Scooby Grahams Apple slices Baby Carrots Milk CANADIAN BAC SUB-TURKEY	French Toast Lite Syrup Sausage links Fruit Juice Mand. Oranges Milk ITALIAN COMBO	Hamburger On WG bun Smile Fries Fresh Fruit Cauliflower Dipper Milk HAM	Taco Salad Black Bean Salsa Refried Beans Fruit Cocktail Milk MEAT LOVERS SPICY CHICKEN	NO SCHOOL <i>Leftover fruit will be offered next day as a 2nd fruit choice.</i> TURKEY
10/31/16	11/1/16	11/2/16	11/3/16	11/4/16
Hot & Spicy Chicken Stix Zucchini slices Sweet Pot fries Milk PIZZA-C BACON SUB-TURKEY	Mashed Potato Bowl Steamed corn Cheese sauce Diced Peaches Milk PEPPERONI ITALIAN COMBO	Ham&Egg quiche Mand oranges Steamed Mix Veggies WG croissants Milk SAUSAGE HAM	Meat & Cheese Nachos Refried Beans Kiwi Milk MEAT LOVERS CHICK PIZZIOLA	Shrimp Poppers Parmesan Potatos Steamed Peas Diced Pears Milk CHEESE PIZZA TURKEY

This institution is an equal opportunity provider