

October 2 - October 31

LUNCH

## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Breaded Chicken Patty on Wheat Hamburger Bun-1 Vegetarian Beans- 3/4c. Fresh Apple -1 Milk-8 oz.	Beef Salisbury Steak w/ Gravy - 3oz. Seasoned Diced Potatoes -3/4c. Peach Applesauce Cup -1/2c. Whole Grain Bread-1 Milk-8 oz.	Turkey and Cheese on Whole Grain Bread-1 Potato Salad Cup-3/4c Peach Applesauce Cup-1/2c Milk-6 oz.	Cheese Manicotti- 2 w/ Meat Sauce Green Beans -3/4c. Fresh Banana-1 Whole Grain Bread - 1 Milk-8 oz.	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
W/G Chicken Fingers -3 Kidney Beans - 3/4c Diced Pear Cup - 1/2 c. Whole Wheat Dinner Roll-1 Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun - 1 Diced Carrots-1 c. Fresh Apple -1 Milk-8 oz.	Sliced Chicken and Cheese on Whole Wheat Kaiser Roll-1 Celery Sticks w/ Dip-3/4c Mixed Fruit Cup-1/2 c. Milk-8 oz.	Breaded Chicken Patty on Whole Wheat Bun - 1 Roasted Potato Medley -3/4c Fresh Pear-1 Milk-8 oz.	W/G Domnos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
French Toast Sticks-3 Turkey Sausage Links-2 Cold Corn Cup -3/4c. Mandarin Orange Cup-1/2c. Milk-8 oz.	Crispy Chicken Drumsticks-4 Refried Beans-3/4c. Pineapple Cup - 1/2c Wheat Dinner Roll-1 Milk-8 oz.	Turkey & Cheese on W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 c. Fresh Banana -1 Milk-8 oz.	Beef Meatloaf w/ Ketchup-3oz Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Grain Bread - 1 Milk-8 oz.	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
W/G Chicken & Cheese Quesadillas -3 Black Bean & Corn Cup-3/4c. Mixed Fruit Cup - 1/2c Milk-8 oz.	W/G Grilled Cheese Sandwich-1 Fresh Baby Carrots w/ Dip-1c Fresh Apple -1 Milk-8 oz.	Beef Salami and Cheese on a Wheat Kaiser Roll Romaine Salad w/ Dressing -1.5 Fresh Orange-1 Milk-6 oz.	Grilled BBQ Chicken Fillet on W/W Bun-1 Mixed Vegetables-3/4c Applesauce Cup-1/2c Milk-8 oz.	W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
<b>30</b>	<b>31</b>			
W/G Fiesta Beef & Cheese Wrap - 1 Cold Corn Cup -3/4c. Mandarin Orange Cup-1/2c. Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Sliced Carrots - 1c. Applesauce Cup -1/2c. Milk-8 oz.			