

October 3 - October 31

What's Cooking Today? LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 W/G Popcorn Chicken-3.8 oz. Vegetarian Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	4 All Beef Hamburger on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	5 Turkey Ham and Swiss Cheese on W/G Potato Bread-1 Potato Salad Cup-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	6 Grilled Chicken Fillet with Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Banana-1 Whole Wheat Dinner Roll Milk-8 oz.	7 DOMINO'S W/G Pizza Slice-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
10 NO SCHOOL	11 Meatballs with Sauce on a W/G Hot Dog Bun-1 Diced Carrots-1 c. Fresh Orange-1 Milk-8 oz.	12 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 c. Fresh Apple-1 Milk-8 oz.	13 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	14 DOMINO'S W/G Pizza Slice-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Diced Peach Cup-1/2 c. Milk-8 oz.
17 Chicken Fingers-3 Corn-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	18 Cheese Lasagna with Meat Sauce-4 oz. Green Beans-3/4 c. Whole Grain Bread Cherry Craisins-1/2 c. Milk-8 oz.	19 Sliced Chicken and Cheese on a W/G Kaiser Roll-1 Celery Sticks w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.	Teriyaki Beef Bites-4 Diced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	21 DOMINO'S W/G Pizza Slice-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Diced Pear Cup-1/2 c. Milk-8 oz.
24 W/G Chicken Nuggets-4 Broccoli Florets-3/4 c. Fresh Apple-1 Whole Grain Bread Milk-8 oz.	25 BREAKFAST FOR LUNCH Large Cheese Omelet-3 oz. Turkey Sausage Links-3 oz. Celery Sticks w/ Dip-3/4 c. Mixed Fruit Cup-1/2 c. W/G Bread/Milk-8 oz.	26 Beef Salami and Cheese on Sliced Italian Bread-1 Black Bean and Corn Salad-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	27 Beef Nachos with Shredded Cheddar Cheese Cup-5 oz. Green Beans-3/4 c. W/G Tortilla Scoops-1 oz. Applesauce Cup-1/2 c. Milk-8 oz.	28 DOMINO'S W/G Pizza Slice-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
31 All Beef Hamburger on a Whole Wheat Bun-1 Corn-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.				