

October 1 - October 31

LUNCH
What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple) MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans	<p>1</p> <p>Spaghetti & Beef Meatballs w/ Sauce -3oz Mixed Vegetables - 3/4c Diced Pear Cup - 1/2c. Whole Grain Bread - 1 Milk-8 oz.</p>	<p>2</p> <p>Sliced Chicken and Cheese on a Whole Wheat Potato Bun-1 Fresh Baby Carrots -1c w/Dip Fresh Banana-1 Milk-6 oz.</p>	<p>3</p> <p>Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables-3/4c. Fresh Apple - 1 Whole Grain Bread - 1 Milk-8 oz.</p>	<p>4</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.</p>
<p>7</p> <p>W/G Chicken Fingers -3 Fresh Baby Carrots -1c w/Dip Craisins - 1/2c. Whole Wheat Dinner Roll-1 Milk-8 oz.</p>	<p>8</p> <p>All Beef Hamburger on Wheat Hamburger Bun - 1 Green Beans -3/4c. Mixed Fruit Cup- 1/2c Milk-8 oz.</p>	<p>9</p> <p>Turkey Ham and Swiss Cheese on Whole Grain Bread-1 Potato Salad Cup-3/4 c. Fresh Apple -1 Milk-6 oz.</p>	<p>10</p> <p>Grilled Chicken Fillet with Gravy - 3oz. French Fries - 3/4c. Fresh Apple - 1 Whole Grain Bread - 1 Milk-8 oz.</p>	<p>11</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.</p>
<p>14</p> <p>SCHOOL CLOSED INDIGENOUS PEOPLE DAY</p>	<p>15</p> <p>Crispy Chicken Drumsticks-4 Fresh Baby Carrots -1c w/Dip Fresh Apple - 1 Wheat Dinner Roll-1 Milk-8 oz.</p>	<p>16</p> <p>All Beef Italian Sub - 1 (Beef Bologna, Beef Salami, & Cheese on W/G Sub Roll) Celery Sticks -3/4c w/ Dip Pineapple Cup - 1/2c Milk-6 oz.</p>	<p>17</p> <p>Chicken Burger on Wheat Hamburger Bun-1 French Fries - 3/4c. Fresh Banana -1 Milk - 8oz.</p>	<p>18</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.</p>
<p>21</p> <p>Macaroni & Cheese -6oz Green Beans -3/4c. Craisins - 1/2c. Milk-8 oz.</p>	<p>22</p> <p>French Toast Sticks-3 Turkey Sausage Links-3 Cold Corn Cup -3/4c. Craisins - 1/2c. Milk-8 oz.</p>	<p>23</p> <p>Turkey and Cheese on Whole Grain Bread-1 Sliced Cucumber Cup w/ Dip-3/4 c. Mixed Fruit Cup - 1/2c Milk-6 oz.</p>	<p>24</p> <p>Grilled BBQ Chicken Fillet on W/W Bun-1 Mixed Vegetables-3/4c Mixed Fruit Cup - 1/2c Milk-8 oz.</p>	<p>25</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.</p>
<p>28</p> <p>Beef Meatloaf w/ Ketchup-3oz Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Grain Bread - 1 Milk-8 oz.</p>	<p>29</p> <p>Crispy Chicken Drumsticks-4 Seasoned Diced Potatoes - 3/4c. Fresh Banana - 1 Wheat Dinner Roll-1 Milk-8 oz.</p>	<p>30</p> <p>Beef Salami and Cheese on a Wheat Kaiser Roll Romaine Salad w/ Dressing -1.5c Fresh Orange-1 Milk-6 oz.</p>	<p>31</p> <p>Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Fresh Baby Carrots -1c w/Dip Fresh Banana -1 Milk-8oz.</p>	