

OCTOBER Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				October 1 Chicken Quesadilla (wg) Carrots Pudding Pears
October 4 Sweet & Sour Chicken (wg) Rice (wg) Corn Egg Roll (wg) Pears	October 5 French Toast Sticks (wg) Omelet Tri Tater Oranges	October 6 Hot Dog on a Bun (wg) Green Beans Gems Applesauce	October 7 Taco (wg) Refried Beans Cookie Peaches	October 8 Mini Pizza (wg) Carrots Sherbet Cup Pineapple
October 11 Mini Corndogs (wg) Baked Beans Fries Mixed Fruit	October 12 Popcorn Chicken (wg) Rice (wg) Green Beans Bread (wg) Peaches	October 13 Turkey Sandwich (wg) Chips Baby Carrots Pineapple	October 14 Fiestada (wg) Peas Pears Dessert	October 15 Mexi Burger on a Bun (wg) Gems Corn Applesauce
October 18 Chicken Fajita (wg) Cowboy Salsa Rice Krispie Bar (wg) Pineapple	October 19 Cheese Quesadilla (wg) Corn Cookie Mandarin Oranges	October 20 Chili Crackers (wg) Cheese Slice Carrot Sticks Cinnamon Roll (wg) Pears	October 21 Chicken Strips (wg) Rice (wg) Peas Bread (wg) Applesauce	October 22 Chicken Patty on a Bun(wg) Au Gratin Potatoes Green Beans Peaches
October 25 Chicken Nuggets (wg) Green Beans Trix Yogurt Mandarin Oranges	October 26 Spaghetti (wg) Broccoli Breadstick (wg) Applesauce	October 27 Orange Chicken (wg) Rice (wg) Corn Bread (wg) Peaches	October 28 Hot Ham/Cheese Sandwich(wg) Chips Baked Beans Pineapple	October 29 NO SCHOOL

Salad and yogurt offered in place of the main entrée. Fruit and veggie bar and milk available with entrée.
All menus are subject to change. (WG) indicates whole grain items.
This institution is an equal opportunity employer.