

OCTOBER LUNCH MENU

ALL MEALS INCLUDE MILK

WEEK 1

SEPTEMBER	CHICKEN	PORK TENDERLOIN	MAC & CHEESE	HOT DOG
CRUNCHY CHICKEN WRAP	QUESADILLA	SANDWICH		BAKED BEANS
BROCCOLI	MIXED VEGGIES	CARROTS	GREEN BEANS	APPLESAUCE
WATERMELON	YOGURT PARFAIT	FRUIT CUP	STRAWBERRIES	CUPCAKE

WEEK 2

PEPPERONI ROLLUPS	MEATBALL SUBS	CHICKEN TETRAZZINI	CHICKEN NOODLE SOUP	FRENCH BREAD PIZZA
CEASAR SALAD	ROMAINE SALAD	ROASTED POTATOES	CRACKERS	ROASTED BROCCOLI
APPLE SLICES	STRAWBERRIES	PEARS	MIXED VEGGIES	MIXED FRUIT
			BLUEBERRIES	CHOCOLATE CHIP COOKIE

WEEK 3

BEEFARONI	LASAGNA	SAUSAGE EGG ON A BISCUIT	NO SCHOOL	NO SCHOOL
PEAS	GREEN BEANS	CUCUMBERS		
MIXED BERRIES	STRAWBERRIES	BANANA		

WEEK 4

MANDARIN ORANGE CHICKEN	RIB PATTY ON A BUN	HOT HAM & CHEESE	CHICKEN PATTY SANDWICH	CHILI
BRUSSEL SPROUTS	OVEN ROASTED POTATOES	CARROTS	PINTO BEANS	CRACKERS
BLUEBERRIES	ORANGES	KIWI	SLICED APPLES	BLUEBERRIES
				CINNAMON ROLL

WEEK 5

PULLED PORK SANDWICH	CHICKEN NUGGETS	FRENCH TOAST STICKS	SPAGHETTI	NOVEMBER
COTTAGE CHEESE APPLESauce	MASHED POTATOES	PINEAPPLE	CARROTS	
SWEET POTATO FRIES	PEACHES	HASHBROWNS	STRAWBERRIES	