



Lunch OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Patty on WG Bun, Potato Wedges, Dragon Juice, Fruit, Low Fat Milk	Hot Dog on WG Bun, Baked Beans, Celery Sticks (1/4 c), Fresh Fruit, Low Fat Milk	Chicken Nuggets, WG Roll, Mashed Potatoes, Gravy, Green Beans, Peaches, Low Fat Milk	Spaghetti w Meat Sauce, WG Bread Stick, Romaine Salad w Tomatoes(1/4c), Applesauce, Low Fat Milk	Breaded Mozzarella Cheese Sticks, Marinara Sauce (3 oz), Potato Wedges, Fresh Fruit, Low Fat Milk
9	10	11	12	13
Cheeseburger on WG Bun, Potato Smiles (3/4 cup) Orange Wedges Low Fat Milk	BBQ Pulled Pork OR Rib-B-Cue on WG Bun, Cole Slaw, Celery Sticks (1/4 c), Peaches, Low Fat Milk	Tacos w Cheese & Lettuce, Refried Beans, Seasoned Corn, WG Shell, Fresh Fruit, Low Fat Milk	Chicken Smackers, WG Roll, Mashed Potatoes, Gravy, Glazed Carrots, Chilled Fruit, Low Fat Milk	Big Daddy's Cheese Pizza Fresh Broccoli w Ranch, Oven Fries Fresh Grapes, Low Fat Milk
16	17	18	19	20
Cheeseburger on Bun, Potato Smiles (3/4 c), Ketchup Apple Wedges Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes, Gravy, Peas & Carrots, Strawberries, Low Fat Milk	Mini Corn Dogs, Baked Beans, Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Teriyaki Nuggets, Pasta with Marinara Sauce, Celery Sticks (1/4 c), Rosy Applesauce, Low Fat Milk	Pizza Romaine Salad w Tomatoes & Ranch Fresh Fruit Low Fat Milk
23	24	25	26	27
NO SCHOOL	Cheeseburger on Bun, Potato Wedges, Ketchup, Fresh Carrots with Ranch, Apple Wedges, Low Fat Milk	Fajitas with Lettuce & Cheese on WG Tortilla Shell, Corn, Refried Beans, Fresh Fruit, Low Fat Milk	Grilled Chicken, WG Roll, Mashed Potatoes, Gravy, Steamed Broccoli, Mandarin Oranges, Low Fat Milk	Chili, Bread Stick Stuffed w Mozzarella Cheese, Cole Slaw, Fruit, Low Fat Milk
30	31			
Breaded Fish Fillet on a WG Bun, Oven Fries, Ketchup, Fresh Carrots & Ranch, Mixed Fruit, Low Fat Milk	Chicken Patty w WG Roll, Mashed Potatoes, Gravy, Green Beans, Chilled Fruit, Low Fat Milk HALLOWEEN COOKIE			