

OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

1

CHICKEN ALFREDO PASTA
SPAGHETTI & MEAT SAUCE
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

2

BREAKFAST FOR LUNCH
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

3

6

RED ENCHILADA, CHEESE
CHEESE PIZZA - WG
PEPPERONI PIZZA - WG
SUNCHIPS, ORIGINAL
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

7

CHICKEN QUESADILLA - WG
BEEF QUESADILLA - WG
RED SALSA
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

8

CHICKEN & VEGGIE RICE B
OWL - WG
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

9

TOASTED HAM & CHEESE S
ANDWICH - WG
HOMEMADE SLOPPY JOE -
WG
FRENCH FRIES
COLE SLAW
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

10

13

COUNTRY CHICKEN BOWL
(WG)
DINNER ROLL - WG
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

14

GREEN CHILI POZOLE
RED CHILI POZOLE
TORTILLA CHIPS
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

15

SACK LUNCH
MILK, 1% LOWFAT
MILK, SKIM

16

SACK LUNCH
MILK, 1% LOWFAT
MILK, SKIM

17

20

HOMEMADE BEEF NACHOS
- WG
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

21

LASAGNA ROLL UPS - WG
CHEESY BREADSTICK - WG
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

22

ROASTED CHICKEN DRUMS
TICK
HOMEMADE OVEN ROASTE
D POTATOES
DINNER ROLL - WG
COLE SLAW
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

23

POTATO BAR
CHILI CHEESE DOG
SUNCHIPS, CHEDDAR
SUNCHIPS, ORIGINAL
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

24

27

CHICKEN TENDERS
HOMEMADE CHEESY MAC
(WG)
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

28

TURKEY, MASHED POTATOE
S & GRAVY
DINNER ROLL - WG
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

29

CHICKEN ALFREDO PASTA
SPAGHETTI & MEAT SAUCE
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

30

BREAKFAST FOR LUNCH
SALAD & FRUIT BAR
MILK, 1% LOWFAT
MILK, SKIM

31

This institution is an equal opportunity provider.

*Allergen information available upon request