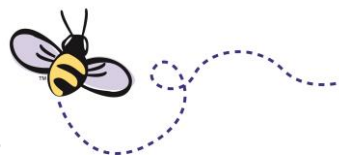




Lunch – October, 2018



10/1 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	10/2 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	10/3 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	10/4 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	10/5 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
10/8 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	10/9 +*Whole grain pizza Garden salad Fresh fruit	10/10 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	10/11 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	10/12 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
10/15 Chicken Alfredo with tri-color pasta Salad Fresh fruit	10/16 *Broccoli Quiche Peas +Whole wheat bread/butter Fresh fruit	10/17 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	10/18 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	10/19 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
10/22 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	10/23 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	10/24 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	10/25 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	10/26 *Lasagna Tossed salad Fresh fruit
10/29 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	10/30 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	10/31 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit		

*Vegetarian meal

+Whole grain