



Lunch Menu October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheese quesadilla Tossed Salad/Peas(T) Fresh Watermelon	2 Chicken BBQ on a whole wheat roll Green Beans Pineapple	3 Turkey & Cheese Sandwich on wheat bread Mixed Vegetables Sliced Pears	4 Mini Cheese Pizza Peas n Carrots Banana Half
7 Mac n Cheese Tater Tots/Green Beans Apple sauce	8 Mexican Chicken Pasta Salad Mixed Vegetables Fresh Watermelon	9 Turkey Broccoli Rice Casserole Carrots Banana half	10 Beefaroni Green Beans Pineapple	11 Grilled Ham & Cheese Sandwich on wheat bread California Vegetables Sliced Apples
14 Sweet & sour chicken and rice casserole Peas Pineapple	15 BBQ turkey sandwich on a wheat roll Roasted Potatoes/Green Beans Sliced Apples	16 Whole wheat pasta w/meat sauce California vegetables Fresh Watermelon	17 Hot Chicken Sandwich w/ wheat bread Carrots Apple Sauce	18 Beef Soft Taco Tossed salad/peas (T) Banana Half
21 Veggie Mac 'n' cheese Green beans Apple sauce	22 Turkey & Broccoli Casserole Carrots Melon Salad	23 Grilled cheese sandwich on wheat bread Peas n Carrots Pineapple	24 Sloppy Joe on a wheat roll Mashed Potatoes Peaches	25 Mini Cheese Pizza Tossed salad/peas (T) Banana Half
28 Chicken Cacciatore California vegetables Apple Sauce	29 Stewed Beef & Rice Sweet Potatoes/Green Beans Banana Half	30 Grilled Turkey & Cheese Sandwich on wheat bread Carrots Pineapples	31 Spooky Beef Stroganoff California Vegetables Fresh Watermelon	

All Meals are served with Milk: Whole Milk for 1 year old and 1% for 2 and older