

October

Sunday

Monday

Tuesday

Wednesday

Thursday

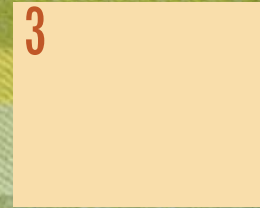
Friday

Saturday



1 Chicken Marinara or Veggie Pasta
Salad Bar
1% Milk
Fresh Fruit

2 Turkey/Chicken or Veggie Quesadilla
Beans & Rice
Salad Bar
1% Milk
Fresh Fruit



4

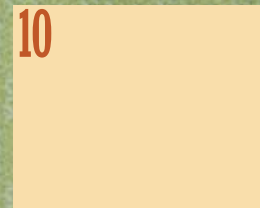
5 Traditional Cheese Pizza
Salad Bar
1% Milk
Fresh Fruit

6 Roast Chicken or Veggie Patty with Roasted Potatoes
Whole Grain Roll
Salad Bar
1% Milk
Fresh Fruit

7 BBQ Ground Beef Sandwich or Veggie Burger
Salad Bar
1% Milk
Fresh Fruit

8 Pasta Marinara with Cheese
Salad Bar
1% Milk
Fresh Fruit

9 Beef or Veggie Taco
Beans & Rice
Salad Bar
1% Milk
Fresh Fruit



11

12 Traditional Cheese Pizza
Salad Bar
1% Milk
Fresh Fruit

13 BBQ Chicken or Veggie Patty & Roasted Potatoes
Whole Grain Roll
Salad Bar
1% Milk
Fresh Fruit

14 Hamburger or Veggie Burger on Whole Grain Roll
Salad Bar
1% Milk
Fresh Fruit

15 Mac and Cheese
Salad Bar
1% Milk
Fresh Fruit

16 Bean and Cheese or Chicken Burrito
Beans and Rice
Salad Bar
1% Milk
Fresh Fruit



18

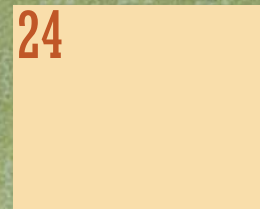
19 Traditional Cheese Pizza
Salad Bar
1% Milk
Fresh Fruit

20 Roast Chicken or Veggie Patty with Mashed Potatoes
Whole Grain Roll
Salad Bar
1% Milk
Fresh Fruit

21 Chicken or Veggie Lo Mein
Salad Bar
1% Milk
Fresh Fruit

22 Pasta Bolognese or Marinara
Salad Bar
1% Milk
Fresh Fruit

23 Beef or Veggie Nachos
Beans & Rice
Salad Bar
1% Milk
Fresh Fruit



25

26 Traditional Cheese Pizza
Salad Bar
1% Milk
Fresh Fruit

27 Teriyaki Chicken or Tofu and Brown Rice
Salad Bar
1% Milk
Fresh Fruit

28 Beef or Veggie Hotdog on Whole Grain Roll
Baked Beans
Salad Bar
1% Milk
Fresh Fruit

29 Chicken Marinara or Veggie Pasta
Salad Bar
1% Milk
Fresh Fruit

30 Turkey/Chicken or Veggie Quesadilla
Beans & Rice
Salad Bar
1% Milk
Fresh Fruit

