



# OCTOBER



Lunch		Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Hot Meal		Mini Corndogs Fries Fresh Veggies Roll	Parmesan Crusted Chicken Mashed Potatoes California Veg Dinner Roll	Green Chili Pork Taco Cilantro Rice Beans Lettuce, Tomato, Salsa	Breakfast Sandwich Hashbrown patty Fresh Veggies
Cold Meal		Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad
Lunch	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Hot Meal	Grilled Ham & Cheese Chips Fresh Veggies Mac Salad	Red Chicken Rice Naan Bread Garbonzo Beans	Cheeseburger Macaroni Garlic Bread Steamed Veggies	Chicken Tenders Mashed Potatoes/ Gravy Steamed veggies Roll	French Toast Sticks Sausage patty Hashbrowns Fresh Veggies
Cold Meal	Tuna or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad
Lunch	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Hot Meal	Pepperoni Pizza Garden Salad Pasta Salad	Crisp Bean & Cheese Burrito Spanish Rice Black Bean & Corn salad	Philly Steak Sandwich Chips Fresh Veggies	Jerk Chicken Jamaican Rice Broccoli Salad Pita Bread	French Toast Sticks Potatoes O'Brien Yogurt Carrot Sticks
Cold Meal	Tuna or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad
Lunch	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25



Lunch	Monday 28	Tuesday 29	Wednesday 30	Thursday 31
Hot Meal	Chicken Pesto Pizza Garden Salad Fresh Veggies	Hot dogs Chips Chili Fresh Veggies	Chicken Quesadilla Spanish Rice Salsa, Sour Cream Refried Beans	Cheeseburger French Fries Lettuce, Tomato Carrot Sticks
Cold Meal	Tuna or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad	Deli or PBJ Chef Salad



**Available daily at Lunch: A Variety of Fresh and Chilled Fruits, Juice and Vegetables. 1% and Skim Milk, Skim Chocolate Milk.**  
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