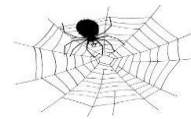




OCTOBER



Lunch	Wednesday 1		Thursday 2		Friday 3
Hot Meal	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 Gluten Free	Deli or PBJ Parmesan Crusted Chicken		Deli or PBJ Hardshell Pork Taco		Deli or PBJ GF Breakfast Sand
Lunch	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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 Gluten Free	Tuna or PBJ GF Grilled Ham & Cheese	Deli or PBJ Red Chicken	Deli or PBJ GF Cheeseburger	Deli or PBJ Chicken Breast	Deli or PBJ GF Blueberry Muffin
Lunch	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Hot Meal	Pepperoni Pizza Garden Salad Pasta Salad	Crisp Bean & Cheese Burrito Spanish Rice Black Bean & Corn salad	Mini Corndogs Fries Fresh Veggies Roll	Jerk Chicken Jamaican Rice Broccoli Salad Pita Bread	Chicken Biscuit Potatoes O'Brien Yogurt Carrot Sticks
Cold Meal Gluten Free	Tuna or PBJ GF Pizza	Deli or PBJ Bean & Cheese Pupusa	Deli or PBJ GF Corndog	Deli or PBJ Jerk Chicken	Deli or PBJ GF Breakfast Sand
Lunch	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24



Chef Salads
Available Upon Request

Lunch	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Hot Meal	Pizza Rippers Garden Salad Carrot Sticks	Chicken Quesadilla Green Chili Rice Pinto Beans Salsa, Sour Cream	Cheese Ravioli's Breadstick Steamed Veggies	Teriyaki Chicken Rice Steamed Broccoli Eggroll	Corn dog Potato Wedges Fresh Veggies
Cold Meal Gluten Free	Tuna or PBJ GF Pizza	Deli or PBJ Chicken Hard Shell Taco	Deli or PBJ GF Pizza Pocket	Deli or PBJ Teriyaki Chicken	Deli or PBJ sand "witch" GF Corn dog



Available daily at Lunch: A Variety of Fresh and Chilled Fruits, Juice and Vegetables. 1% and Skim Milk, Skim Chocolate Milk. USDA is an equal opportunity provider