

October 2 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
fruit cup 2 Breaded Chicken Patty on Wheat Hamburger Bun-1 Vegetarian Beans- 1c. juice box choc. milk vanilla and choc. pudding	3 Beef Salisbury Steak w/ Gravy - 3oz. Seasoned Diced Potatoes -1c. fresh banana Whole Grain Bread-1 choc. milk	4 fruit cup BBQ Beef Riblet kaiser roll mac. and cheese salad choc. milk juice box	5 fruit cup chicken salad on W/G Potato Bun-1 Fresh Baby Carrots w Dip-1 1/4 c. juice box choc. milk chips	6 fruit cup Tony's Pizza-4.5oz. Romaine Salad w/ Dressing-2c. juice box choc. milk
9 school closed	10 All Beef Hamburger on a Whole Wheat Bun - 1 roasted potato medley Fresh Apple -1 choc. milk sliced cheese	11 fruit cup jamaican beef patties rice salad juice box choc. milk	12 fruit cup Italian sub long roll celery sticks w\ dip chips choc. milk	13 fruit cup Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2c. juice box choc. milk
16 anilla and choc. pudding fruit cup beef nachos w/cheese sauce fresh carrots w/ dip tortilla scoops choc. milk juice box	17 fried chicken drums green beans Fresh Banana-1 Wheat Dinner Roll-1 choc.milk	18 fruit cup Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables-1c. juice box Whole Grain Bread - 1 choc. milk	19 fruit cup Turkey & Cheese on W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 1/4 c. juice box choc. milk chips	20 fruit cup Tony's Pizza-4.5oz. Romaine Salad w/ Dressing-2 c. juice box choc. milk
23 fruit cup W/G Chicken & Cheese Quesadillas -3 Black Bean & Corn Cup-1c. juice box choc. milk jello	24 W/G Grilled Cheese Sandwich-1 Fresh Baby Carrots w/ Dip-1 1/4c Fresh Apple -1 choc. milk chips	25 fruit cup Beef Meatloaf w/ Ketchup-3oz Mashed Potatoes-1c. juice box Whole Grain Bread - 1 choc. milk	26 Grilled BBQ Chicken Fillet on W/W Bun-1 Mixed Vegetables-1c Fresh Banana -1 choc. milk	27 fruit cup Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2 c. juice box choc.milk
30 W/G Fiesta Beef & Cheese Wrap - 1 Cold Corn Cup -1c. Fresh Apple -1 choc. milk vanilla and choc. pudding	31 fruit cup bbq beef riblet kaiser roll Sliced Carrots - 1 1/4c. juice box choc.milk			