

# Lunch Menu

## October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pick Up Stix- Alliance Tajima (270) -Wowbutter & Jelly Sandwich (15) Salad- Mexican Chicken Salad, Tortilla Chips, Hot Sauce (10) Lunch Vegetarian	<b>3</b> Salad- Chicken Taco Salad, Baked Chips (15) Lunch Vegetarian (15) -Roast Beef Sandwich (270) 1% White Milk (75) Fat Free Chocolate Milk (225)	<b>4</b> -Turkey & Cheese Sandwich (280) Lunch Vegetarian (5) Salad- Southwest Chicken Salad, Dinner Roll (15) 1% White Milk (75) Fat Free Chocolate Milk (225)	<b>5</b> - <b>Turkey Pastrami &amp; Cheese Sandwich (10) Cheese Tamal, Mixed Vegetables (270) Salad- Asian Chicken Salad, Dinner Roll (15) Lunch Vegetarian (5) 1%</b>	<b>6</b> Salad- Tuna Salad, Wheat Crackers (15) Lunch Vegetarian (15) -Deli Chicken & Cheese Sandwich (270) 1% White Milk (75) Fat Free Chocolate Milk
<b>9</b> Bean & Cheese Burrito (270) Salad- Mexican Chicken Salad, Tortilla Chips, Hot Sauce (10) Lunch Vegetarian (5) - Turkey Ham & Cheese Sandwich	<b>10</b> Salad- Asian Chicken Salad, Dinner Roll (15) Lunch Vegetarian (15) -Deli Chicken & Cheese Sandwich (270) 1% White Milk (75) Fat Free	<b>11</b> Lunch Vegetarian (5) Cheeseburger (280) Salad- Southwest Chicken Salad, Dinner Roll (15) 1% White Milk (75) Fat Free Chocolate Milk (225)	<b>12</b> Lunch Vegetarian (5) -Ham & Cheese Sandwich (45) Korean BBQ Beef w/ Not So Fired Rice (250) 1% White Milk (75) Fat Free Chocolate Milk (225)	<b>13</b> Cheese Ravioli w/Marinara Sauce (265) -Turkey & Cheese Sandwich (15) Salad- Chicken Taco Salad, Baked Chips (15) Lunch Vegetarian (5) 1%
<b>16</b> Teriyaki Chicken, Chow Mein Noodles (270) Salad- Mexican Chicken Salad, Tortilla Chips, Hot Sauce (10) Lunch Vegetarian (5) - Deli Chicken & Cheese Sandwich	<b>17</b> -Turkey Pastrami & Cheese Sandwich (15) Salad- Tuna Salad, Wheat Crackers (10) Lunch Vegetarian (5) Turkey Nachos (270) 1% White Milk (75) Fat	<b>18</b> -Turkey & Cheese Sandwich (15) Lunch Vegetarian (5) Salad- Southwest Chicken Salad, Dinner Roll (10) BBQ Pulled Pork Sandwich (270) 1% White Milk	<b>19</b>	<b>20</b>
<b>23</b> Salad- Mexican Chicken Salad, Tortilla Chips, Hot Sauce (15) Lunch Vegetarian (5) -Ham & Cheese Sandwich (280) 1% White Milk (75) Fat Free	<b>24</b> Salad- Chicken Taco Salad, Baked Chips (10) Lunch Vegetarian (5) - Turkey Ham & Cheese Sandwich (15) Beef Chili Dog (270) 1% White Milk (75) Fat Free	<b>25</b> Lunch Vegetarian (5) Salad- Southwest Chicken Salad, Dinner Roll (10) Chicken Bites, Cheesy Mashed Potatoes (285) 1% White Milk (75) Fat Free	<b>26</b> Chicken Tamal, Mixed Vegetables (280) Salad- Asian Chicken Salad, Dinner Roll (15) Lunch Vegetarian (5) 1% White Milk (75) Fat Free	<b>27</b> Salad- Tuna Salad, Wheat Crackers (10) Lunch Vegetarian (5) -Deli Chicken & Cheese Sandwich (15) Beef Macaroni (270) 1% White Milk (75) Fat
<b>30</b> -Turkey & Cheese Sandwich (15) Salad- Mexican Chicken Salad, Tortilla Chips, Hot Sauce (10) Lunch Vegetarian (5) Chicken Fajitas, Spanish Rice	<b>31</b> Salad- Asian Chicken Salad, Dinner Roll (10) Lunch Vegetarian (5) -Roast Beef Sandwich (15) Cheesy Stuffed Shells (270) 1% White Milk			

### MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.  
 This institution is an equal opportunity provider.

