

# OCTOBER

# LUNCH 2016-2017

WG=WHOLE GRAIN

ALL MENU IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BEEF STEW & STEAMED RICE  MIXED FRUITS OR W/G CORNBREAD	4 CREOLE MACARONI & PEACHES  VEGGIE STIX OR  W/G FRENCH BREAD	5 WEINER ON W/G BUN & POTATO ROUNDS  OR BAKE BEANS GARDEN SALAD OR OR APPLE	6 CHICKEN FINGERS & STEAMED RICE & PINEAPPLE OR LETTUCE & TOMATO baby carrots	7 RST. TURKEY WGRAVY & WHIP POTATO AND ORANGE  edamame/carrot/corn OR W/G ROLL
10 <b>FALLBREAK</b>	11	12 <b>NO SCHOOL</b>	13	14 <b>NO SCHOOL</b>
17 PULLED CHICKEN & WHIP POTATO & GRAVY & APPLES  EDAMAME/CORN/ BROC. OR W/G ROLL	18 CHICKEN PATTY W/ WG BUN ,OVEN FRIES  LETTUCE OR TOMATO OR ORANGE WEDGE	19 BAKED SPAGHETTI & PEACHES  SPINACH/ ROMAINE OR W/G FRENCH ROLL	20 ITALIAN SAUSAGE PIZZA & FRUIT JUICE OR BAKE BEANS OR baby carrots or OR GARDEN SALAD	21 KALUA CABBAGE & STEAMED RICE & PINEAPPLE  LOMI TOMATO OR
24 BRAISED BEEF wgravy WHIPPED POTATO & WG ROLL  BROCCOLI/CARROTS MIXED FRUITS OR	25 WEINER ON W/G BUN & POTATO ROUNDS  OR BAKE BEANS GARDEN SALAD OR OR APPLE	26 CREOLE MACARONI & PEACHES  VEGGIE STIX OR  W/G FRENCH BREAD	27 CHICKEN FINGERS & STEAMED RICE & PINEAPPLE OR LETTUCE & TOMATO baby carrots	28 RST. TURKEY WGRAVY & WHIP POTATO AND ORANGE  edamame/carrot/corn OR W/G ROLL
31 CHICKEN TENDERS ON SHR. CABBAGE & STM RICE  BROCCOLI/CARROTS OR APPLE SC.	1 potato crunch fish & RICE AND ORANGE  RAINBOW SALAD OR baby carrots	2 NACHO/BEEF & BEAN & FRUIT JUICE  GARDEN SALAD	3 ASIAN CHICKEN ON SHREDD. CABBAGE RICE & PEACHES  VEGETABLE MEDLEY & WG ROLL	4 CHS. BURGER ON W/G BUN & POT. WEDGE  baby carrots or LETTUCE OR TOMATO OR APPLE WEDGE

ALL LUNCH COMES WITH CHOICE OF 1% OR SKIM MILK , 1/2 PINT