



October 2011

School Lunch Menu served with 8oz Milk



Monday	Tuesday	Wednesday	Thursday	Friday
Meatball Sub w/Marinara Sauce Green Peas Fresh Fruit Sub Roll 3	Roast Turkey w/ Gravy Roasted Red Potatoes Italian Blend Vegetables Fresh Fruit Multi-Grain Bread 4	Grilled Chicken Spinach Salad Italian Dressing Fresh Fruit Pita Bread 5	Cheese Tortellini w/Marinara Sauce Carrots Fresh Fruit Wheat Bread 6	Fresh Baked Zesty Orange Chicken Brown Rice California Blend Vegetables Fresh Fruit Wheat Bread 7
All White Meat Chicken Bites Sweet Potatoes Capri Blend Vegetables Fresh Fruit Multi-Grain Bread Sweet & Sour Dipping Sauce 10	Cheese Lasagna Broccoli Fresh Fruit Whole Wheat Roll 11	Tuna Salad on Croissant w/Lettuce Cherry Tomatoes Fresh Fruit Healthy Crunchy Chips 12	Chicken Parmesan Bowtie Pasta w/Marinara Sauce Green Peas Fresh Fruit Wheat Roll 13	Whole Wheat Two Cheese Pizza Brussel Sprouts Carrots Fresh Fruit 14
Citrus Marinated Turkey Roasted Red Potatoes Zuchinni Fresh Fruit Wheat Bread 17	Penne Pasta w/Meat Sauce Carrots Fresh Fruit Multi-Grain Roll 18	Garden Salad w/Grilled Chicken Ranch Dressing Fresh Fruit Wheat Bread 19	Chicken Tenders Rice and Beans Green Beans Fresh Fruit Multi-Grain Bread BBQ Dipping Sauce 20	Hot Dog Corn Broccoli Fresh Fruit Hot Dog Bun Ketchup 21
Sweet & Sour Chicken Plantains Green Beans Fresh Fruit Multi-Grain Bread 24	Macaroni & Cheese Mixed Vegetables Fresh Fruit Wheat Bread 25	Turkey & Cheese on Wheat Bread w/Lettuce & Sliced Tomatoes Celery Sticks Whole Grain Chips Mustard/Mayo Fresh Fruit 26	All Beef Hamburger Baked Potato Wedges Spinach Fresh Fruit Hamburger Bun Ketchup 27	Whole Wheat Two Cheese Pizza Corn Capri Blend Vegetables Fresh Fruit 28
Chicken Tenders Brown Rice & Red Beans Broccoli & Cauliflower Fresh Fruit Wheat Bread Ketchup 31				