



October 2009

School Lunch Menu served with 8oz 2% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Meatballs Sunshine Rice Sweet Corn Fresh Orange Wheat Bread	2 Cheese Pizza Potato Wedges Steamed Green Peas Ketchup Marble Cake
5 Jamaican Beef Patty Red Beans and Rice Sliced Carrots Fresh Fruit du Jour	6 Breaded Chicken Tenders Whipped Potatoes Mixed Vegetables BBQ Dipping Sauce Chilled Mandarin Oranges Wheat Bread	7 Spaghetti & Meatballs with Marinara Sauce Steamed Green Peas Chilled Pineapples Multi-Grain Roll	8 Chicken Nuggets White Rice Steamed Broccoli Fresh Fruit du Jour Sweet & Sour Dipping Sauce Wheat Bread	9 Cheese Pizza Seasoned Potato Wedges Capri Blend Vegetables Ketchup Fresh Fruit du Jour
12 Salisbury Steak with Brown Gravy Mashed Potatoes Green Beans Fresh Fruit du Jour Wheat Bread	13 Breaded Chicken Tenders White Rice Fresh Zuchinni Chilled Pineapples BBQ Dipping Sauce Wheat Bread	14 Baked Cheese Lasagna w/Marinara Sauce Steamed Green Peas Fresh Fruit of the Day Wheat Roll	15 Spaghetti & Meatballs w/Marinara Sauce Steamed Carrots Chilled Peaches Wheat Roll	16 Cheese Pizza Seasoned Diced Potatoes Steamed Broccoli Ketchup Fresh Fruit du Jour
19 Chicken Nuggets Mashed Potatoes Mixed Vegetables Fresh Fruit du Jour Sweet & Sour Dipping Sauce Wheat Bread	20 Vegetarian Hot Pocket Seasoned Yellow Rice Steamed Sliced Carrots Fresh Fruit du Jour	21 Jamaican Beef Patty Rice and Beans Steamed Green Beans Chilled Mixed Fruit Cocktail	22 General TSO Chicken Tri-Color Spiral Pasta Steamed Green Peas Fresh Fruit of the Day Wheat Bread	23 Cheese Pizza Seasoned Potato Wedges Capri-Mixed Vegetables Ketchup Chilled Pineapples
26 John's Texas Style Baked Macaroni & Cheese Steamed Green Beans Fresh Fruit du Jour Wheat Roll	27 All Beef Hot Dog Baked Beans Steamed Carrots Chilled Pineapples Ketchup Hot Dog Bun	28 Stuffed Rigatoni w/Marinara Sauce Fresh Zuchinni Fresh Fruit du Jour Multi-Grain Roll	29 Zesty Orange Chicken Tri Color Pasta Scandinavian-Mixed Vegetables Fresh Fruit of the Day Wheat Bread	30 Cheese Pizza Seasoned Potato Wedges Steamed Broccoli Ketchup Fresh Fruit du Jour