OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Veggie Cheese Burger (lettuce and tomato on the side) French Fries
4 Tater Tot Casserole Broccoli bits Garlic Bread	5 Macaroni & Cheese Broccoli bits	6 Fried Rice Egg Roll Steamed Broccoli bits	7 Pesto Penne pasta Sautéed Zucchini Dinner Roll	8 Cheese Pizza Salad with cucumbers & ranch
11 Cabbage & Egg Stir Fry Steamed Rice	12 Grilled Cheese Sandwich Baked Potato chips Carrot sticks with ranch	13 Creamy Bow Tie Pasta Steamed mixed veggies Corn bread	14 Chick Pea Curry Hard Boiled Egg Steamed rice	15 Veggie Nuggets Tater Tots
18 Fried Rice Egg Roll Steamed Broccoli bits	19 Potato & Cheese Tacos Shredded lettuce Corn tortilla chips	20 Spaghetti Broccoli bits Garlic Bread	21 Egg salad sandwich Hawaiian Bun Baked potato chips	22 Cheese Pizza Salad with cucumbers & ranch
25 Cheese Lasagna Broccoli bits Garlic Bread	26 Teriyaki Tofu Steamed Rice Stir Fry Bok Choy	27 French Toast sticks Hard Boiled Egg Tatar Tots	28 Cheese Quesadilla Spanish Rice Sautéed Corn	29 Veggie Nuggets French Fries

All meals include a serving of fruit and milk. Menu is subject to change. Each lunch is portioned to meet the Nutrition Standards for school lunches.