

## OCTOBER

## **LUNCH MENU**

Key:
Bold Items include a recipe
\*Applies to 9-12 menus only

Instruction				
MONDAY	TUESDA'S W	eektevete m	enthursday	FRIDAY
Fresh Fruit and Veggies offered Daily! * Menu's Subject to Change	Please don't forget to keep your accounts current!	Chicken Alfredo over WG Pasta Garlic Toast -OR- PBJ Sandwich Green Beans and/or Carrots Diced Peaches	Mini Corn Dogs w/ Dipping Sauces OR- Ham & Cheese Sandwich Tator Tots & Green Beans WG Treat	Hot Ham and Cheese Sandwich -OR- PBJ Sandwich Harvest Cheddar Sun Chips Creamy Coleslaw Chocolate Pudding Cup
Mac N Cheese Bar OR- Turkey & Cheese Sandwich Garden Salad WG Treat Annlesauce	Beef Nacho Bar OR- Ham & Cheese Sandwich Spanish Rice & Refried Beans Corn	Make Your Own Burger Bar -OR- PBJ Sandwich Seasoned Potato Wedges Celery Sticks and Dip Choice Diced Peaches	Chicken Nuggets OR- Ham & Cheese Sandwich Mashed Potatoes & Gravy Corn Diced Pears	Sorry! WERE CLOSED
Breaded Chicken Sandwich OR- Turkey & Cheese Sandwich Sweet Potato Fries Green Beans Applesauce	Pizza Quesadilla OR- Ham & Cheese Sandwich Spanish Rice Mixed Veggies	Meatballs/Marinara over Pasta Garlic Toast -OR- PBJ Sandwich Green Beans Diced Peaches	Cheese Pizza Slice OR- Ham & Cheese Sandwich Steamed Broccoli Steamed Cauliflower Diced Pears	Deli Turkey Sandwich -OR- PBJ Sandwich Baked Chips WG Treat Vanilla Pudding Cup
Meatball Sub OR- Turkey & Cheese Sandwich Tator Tots Creamy Coleslaw Applesauce	Soft Shell Taco OR- Ham & Cheese Sandwich Spanish Rice & Refried Beans Corn	Pizza Dippers W/ Marinara -OR- PBJ Sandwich Sweet Peas Sliced Carrots Diced Peaches	Chilli Mac Dinner Roll OR- Ham & Cheese Sandwich Corn and /or Baby Carrots Diced Pears	Chicken Cordon Bleu Sandwich -OR- PBJ Sandwich Doritos Cucumber Salad Rutterscotch Pudding Cun
Build Your Own Turkey Sub WG Pretzels_ Celery & Carrots Sticks w/ Dip Whole Grain Treat Applesauce	Chicken Fajita Rice Bowl OR- Ham & Cheese Sandwich Spanish Rice & Refried Beans Mixed Veggies Jello Cup	Baked Potato Bar -OR- <b>PBJ Sandwich</b> Steamed Broccoli Florets WG Crackers Diced Peaches	Sloppy Joe OR- Ham & Cheese Sandwich Potato Wedges Cucumber Salad Diced Pears	Hot Dog -OR- PBJ Sandwich Baked Beans Baked Potato Chips Mixed Fruit Fresh Baked Sugar Cookie