



October Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
	28. American chop suey w/ ground turkey, peas, applesauce, milk	29. Grilled cheese on whole wheat, broccoli, melon, milk	30. Sunbutter & jelly on whole wheat, carrots, orange slices, milk	1. Pizzadillas, green beans, melon, milk	2. Turkey hot dogs, baked beans, apple slices, milk	3.
4.	5. Mac & cheese, broccoli, peach slices, milk	6. Ground turkey tacos w/ lettuce, tomato, cheese, chips, orange slices, milk	7. Cheese quesadilla w/ salsa, green beans, melon, milk	8. Turkey sandwiches on whole wheat, cucumber slices, apple slices, milk	9. Fish sticks, sweet potato fries, melon, milk	10.
11.	12. Pasta w/ turkey meatballs, green beans, applesauce, milk	13. Sunbutter & jelly on whole wheat, cucumber slices, melon, milk	14. Cinnamon pancakes, appleslices w/sunbutter dip, milk	15. Cheese tortellini w/ sauce, peas, melon, milk	16. Turkey sausage, yogurt, mandarin oranges, milk	17.
18.	19. Pasta w/ alfredo sauce, peas, peach slices, milk	20. Chicken nuggets, green beans, apple slices, milk	21. Pasta salad, turkey, peas & carrots, melon, milk	22. Chicken, broccoli, orzo, orange slices, milk	23. Grilled cheese on whole wheat, cucumber slices, melon, milk	24.
25.	26. American chop suey w/ ground turkey, green beans, applesauce, milk	27. Cheese quesadillas w/ salsa, peas, melon, milk	28. Chicken, broccoli alfredo pasta, orange slices, milk	29. Sunbutter & jelly on whole wheat, carrots, melon, milk	30. Cinnamon pancakes, apple slices /w sunbutter dip,	

Snacks: Goldfish, cinnamon toast crunch/cheerio mix, wheat thins, gerber fruit puffs, fresh fruit, yogurt, craisins, cheese & crackers, cucumbers & hummus, go-gurts, raisins, veggie sticks

Breakfast: Cereal, fruit, yogurt & milk

Please be advised that food prepared here may contain these ingredients:



*Whole milk is all natural & free of growth hormones.