

# October Lunch Menu



| Sun | Mon.  | Tue.   | Wed.   | Thu.   | Fri.  | Sat. |
|-----|---|--|--|--|---|------|
|     |   | 1<br>Cold Cut Sub<br>Baked Chips<br>Veggies<br>Fruit               | 2<br>Hot Roast Beef Sandwich<br>Mashed Potatoes<br>Corn<br>Fruit | 3<br>Pepperoni Roll<br>Parmesan Broccoli<br>Yogurt<br>Fruit                | 4<br>Chicken Parmesan Sub<br>Steamed Broccoli<br>Cucumber/Tomato Salad<br>Side Kick | 5    |
| 6   | 7<br>Honey Lime Chicken Fajita<br>Corn<br>Refried Beans<br>Fruit                  | 8<br>Tangerine Stir-Fry<br>Rice<br>Mixed Veggies<br>Fruit          | 9<br>Deluxe Hamburger<br>Baked Beans<br>Salad<br>Fruit           | 10<br>Fish Sticks<br>Green Beans<br>Roll<br>Cookie<br>Fruit                | 11<br>Three Cheese Calzone<br>Salad<br>Corn<br>Fruit                                | 12   |
| 13  | 14<br>Ravioli<br>Broccoli<br>Cookie<br>Fruit                                      | 15<br>Chicken Pattie<br>Cucumber/Tomato Salad<br>Fruit             | 16<br>Pepperoni Pizza<br>Baby Carrots<br>Fruit                   | 17<br>Chicken & Cheese Quesadilla<br>Corn<br>Peppers<br>Fruit<br>Ice Cream | 18<br>Boneless BBQ Chicken Wings<br>Baked Beans<br>Celery<br>Fruit                  | 19   |
| 20  | 21<br>Country Fried Steak<br>Mashed Potatoes<br>Steamed Broccoli<br>Roll<br>Fruit | 22<br>Meatball Sub<br>Cole Slaw<br>Steamed Carrots<br>Fruit        | 23<br>Taco Salad<br>Chips & Salsa<br>Pinto Beans<br>Fruit        | 24<br>Pepperoni Pizza<br>Green Beans<br>Salad<br>Jello<br>Fruit            | 25<br>Chicken Nuggets<br>Potato Wedges<br>Ice Cream<br>Fruit                        | 26   |
| 27  | 28<br>Salisbury Steak<br>Mashed Potatoes<br>Biscuit<br>Fruit                      | 29<br>Spaghetti & Meatballs<br>Breadstick<br>Garden Salad<br>Fruit | 30<br>Sloppy Joe<br>Potato Wedges<br>Broccoli & Cheese<br>Fruit  | 31<br>Corn Dog<br>Baked Beans<br>Tater Tots<br>Sherbet<br>Fruit            |   |      |