

# October 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Oven Baked Chicken Rice Pilaf Green beans Orange Wheat Roll & Milk 2 <sup>nd</sup> Chicken Wrap	2
3	4 Homemade Burrito Lettuce & Tomato Corn Chips / Salsa Apple Crisp & Milk 2 <sup>nd</sup> PB&J Sand	5 Tator Tot Casserole Carrots Strawberries & Bananas Wheat Roll Milk 2 <sup>nd</sup> Turkey & Cheese Sub	6 BBQ Beef on Bun Cheesy Potatoes Baked Beans Peaches Cookie & Milk 2 <sup>nd</sup> Chicken Philly Sub	7 Chicken Tetrazzini Peas & Carrots Pineapple Graham Crackers Milk 2 <sup>nd</sup> Hot Ham & Cheese	8 Chicken Strips Mashed Potatoes & Gravy California Blend Banana Wheat Roll & Milk 2 <sup>nd</sup> Chicken Wrap	9
10	11 Chicken & Veggies Rice Broccoli w/cheese Apple Pumpkin Bars Milk 2 <sup>nd</sup> PB&J Sand.	12 Breakfast Burrito Lettuce & Tomato Spanish Rice Carrots Pears Milk 2 <sup>nd</sup> Turkey & Cheese Sub	13 Spaghetti w/Meat Sauce Garden Salad Garlic Bread Peaches Milk 2 <sup>nd</sup> Mediterranean Wrap	14 Taco Salad Chips & Salsa Refried Beans Cinnamon Puff Pineapple Milk 2 <sup>nd</sup> Hot Ham & Cheese	15 Chicken & Noodles Mashed Potatoes Green beans Orange Wheat Roll Milk 2 <sup>nd</sup> Chicken Wrap	16
17	18 Chicken & Cheese Quesadilla Lettuce & Tomato Black bean Corn Salsa Mandarin Oranges Milk 2 <sup>nd</sup> PB&J Sand	19 Stroganoff Mashed Potatoes Fresh Broccoli Strawberries & Bananas Wheat Roll Milk 2 <sup>nd</sup> Turkey & Cheese Sub	20 Chili Corn Chips Celery & Cucumbers Cinnamon Roll Peaches Milk 2 <sup>nd</sup> Pizza Sub	21 IN Service Day  NO SCHOOL	22 IN Service Day  NO SCHOOL	23
24	25 Pork Stir –Fry Rice Fresh Broccoli Fresh Grapes Chocolate Cake Milk 2 <sup>nd</sup> PB&J Sand	26 Pizza Tossed Salad Breadstick w/ Sauce Banana Milk 2 <sup>nd</sup> Turkey & Cheese Sub	27 Taco Burger Lettuce & Tomato Refried Beans Chips / Salsa Pears & Milk 2 <sup>nd</sup> Pork Melt Sand	28 Lasagna Carrots Wheat Roll Rosy Applesauce Milk 2 <sup>nd</sup> Hot Ham & Cheese	29 Oven Baked Chicken Rice Pilaf Green beans Orange Wheat Roll & Milk 2 <sup>nd</sup> Chicken Wrap	30