

October Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 BBQ Rib on whole grain bun, green bean, pears, Fruit and Vegetable Bar	4 Nacho Bar, refried beans, Pineapple Tidbits	5 Philly Steak on whole grain bun, broccoli, mixed fruit, Potato Bar	6 Sloppy Joe on whole grain bun, carrots, applesauce Fruit and Vegetable Bar	7 No Lunch Served	8
9	10 No Lunch Served	11 Chicken patty on whole grain bun, mandarin oranges, Fruit and Vegetable Bar	12 Hamburger on whole grain bun, cole slaw, peaches, Fruit and Vegetable Bar	13 Chicken Pot Pie, celery, fruit juice, Potato Bar	14 Pizza corn, apple, Fruit and Vegetable Bar	15
16	17 Chicken fried steak on whole grain bun, lima beans, pineapple tidbits,	18 Taco Bar, grape tomatoes, orange	19 Tenderloin on whole grain bun, shredded lettuce, mixed fruit, Fruit and Vegetable Bar	20 Chicken nuggets, broccoli, apple crisp, Potato Bar	21 No Lunch Served	22
23	24 Hotdog on whole grain bun, mixed vegetables, pears, fruit and Vegetable Bar	25 Cheese Maid Rite on whole grain bun, french fries, grapes, Fruit and Vegetable Bar	26 Fish sticks, baked beans, peaches, Fruit and Vegetable Bar	27 Chicken strips, spinach, applesauce, Potato Bar	28 Pizza, green beans, fruit juice, Fruit and Vegetable Bar	29
30	31 Corn dogs corn, cinnamon apple slices, Fruit and Vegetable Bar					milk, bread and peanut butter offered each day