

Grades 9-12

# OCTOBER 2012

Happy Halloween!



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\*items served together

~ Milk served daily ~



**MONDAY**

1  
Tuna Tetrazzini  
Cheese Pizza (V)  
Pepperoni Pizza  
Chef Salad  
Garden Salad  
Zucchini & Squash  
Orange Wedges  
Pineapple

**TUESDAY**

2  
BBQ Chicken Bites\*  
Chicken Bites\*  
Turkey Salad  
Veggie Wrap (V)  
\*Mashed Potatoes  
Cucumber & Tomato Salad  
Corn  
Apple Slices  
Pears

**WEDNESDAY**

3  
Beef or Chicken Stir-Fry  
Chicken Egg Roll & Rice  
Mozzarella Sticks (V)  
Asian Chopped Salad  
Carrot Sticks  
Snap Peas  
Grapes  
Mandarin Oranges  
Fruit Swirl Cup

**THURSDAY**

4  
Chicken or Black Bean(V) Quesadillas  
Beef & Broccoli Bowl  
Mexican Chicken Salad  
Ham Wrap  
Fresh Veggie Bowl  
Broccoli  
Banana  
Applesauce

**FRIDAY**

5  
Chicken Parmesan  
Turkey & Cheese Sub  
Orange Ginger Chicken Bowl  
Veggie Burger (V)  
Peas  
Green Beans  
Fresh Fruit  
Peaches  
Fruit Swirl Cup

8  
**Columbus Day**

No School

9  
Broccoli Cheese Minis (V)  
Corn Dog  
Lasagna  
Tuna Wrap  
Snap Peas  
Cucumber & Carrot Sticks  
Apple Slices  
Pears  
Chocolate Chip Cookie

10  
Cheese Omelet or Sausage Patty\*  
French Toast Sticks\*  
Turkey or Veggie Wrap (V)  
Deli Roasters  
Broccoli  
Grapes  
Mandarin Oranges

11  
Tuna Sub  
Hot Dog  
Baked Motzarrella Sticks (V)  
Fajita Chicken Salad  
Steamed Carrots  
Green Beans  
Banana  
Applesauce  
Carrot Bread

12  
Buffalo Chicken Bites\*  
Chicken Bites\*  
Chik'N Nuggets (V)  
Ham Salad  
Mashed Potatoes\*/Dinner Roll  
Fresh Veggie Bowl  
Broccoli, Cauliflower & Carrots  
Fresh Fruit  
Fruit Cocktail

15  
Meatball Sub  
Chicken & Veggie Alfredo  
Vegetable Alfredo (V)  
Turkey Salad  
Peas  
Carrot Sticks  
Orange Wedges  
Pineapple  
Banana Bread

16  
Southwest Taco Bowl  
Chicken Parmesan  
Beef or Black Bean (V) Tacos  
Mexican Chicken Salad  
Garden Salad  
Steamed Zucchini & Squash  
Green Beans  
Apple Slices  
Peaches

17  
Chicken Fryz  
Philly Cheese Steak Sub  
Buffalo Chicken Wrap  
Pierogy Salad (V)  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Banana Bread

18  
Hamburger  
Grilled Ham & Cheese  
Chicken or Chik'n (V) Patty Sandwich  
Craisin Turkey Apple Salad  
Baked Beans  
Steamed Carrots  
Banana  
Applesauce  
Oatmeal Raisin Cookie

19  
Cheese Pizza (V)  
Pepperoni Pizza  
Chicken & Mini Dumplings  
Ham Salad  
Broccoli  
Tomato & Cucumber Salad  
Fresh Fruit  
Peaches  
Fruit Swirl Cup

22  
Chicken Tenders\*  
Veggie Burger (V)  
Turkey Wrap  
Chicken Tender Salad  
Snap Peas  
Garden Salad  
Pineapple  
Orange Wedges  
Whole Grain Dinner Roll\*

23  
Macaroni & Cheese (V)  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Turkey Salad  
Green Beans  
Sweet Potato Crinkles  
Apple Slices  
Peaches  
Fruit Swirl Cup

24  
Chicken Fiesta Wrap  
Meat Nachos  
Black Bean Fiesta Wrap (V)  
Chef Salad  
Tomato & Cucumber Salad  
Broccoli, Cauliflower & Carrots  
Grapes  
Mandarin Oranges

25  
Pasta Pockets (V) & Meatballs (optional)  
Baked Chicken & Roll  
Tuna Salad Sandwich  
Ham Wrap  
Fresh Veggie Bowl  
Corn  
Banana  
Applesauce

26  
Fish Sticks\*  
Lasagna\*  
Grilled Chicken Wrap  
Baked Potato & Cheese (V)  
Garlic Toast\*  
Peas  
Carrot Sticks  
Fresh Fruit  
Fruit Cocktail

29  
Tuna Tetrazzini  
Cheese Pizza (V)  
Pepperoni Pizza  
Chef Salad  
Garden Salad  
Zucchini & Squash  
Orange Wedges  
Pineapple

30  
BBQ Chicken Bites\*  
Chicken Bites\*  
Turkey Salad  
Veggie Wrap (V)  
\*Mashed Potatoes  
Cucumber & Tomato Salad  
Corn  
Apple Slices  
Pears

31  
Beef or Chicken Stir-Fry  
Chicken Egg Roll & Rice  
Mozzarella Sticks (V)  
Asian Chopped Salad  
Carrot Sticks  
Snap Peas  
Grapes  
Mandarin Oranges  
Fruit Swirl Cup

**DID YOU KNOW?**

Halloween is thought to have originated over 4,000 B.C., which means Halloween has been around for over 6,000 years.