Grades K-5

OCTOBER 2012

MONDAY

Tuna Tetrazzini Cheese Pizza (V) Pepperoni Pizza

Garden Salad Zucchini & Squash Orange Wedges Pineapple

TUESDAY

BBQ Chicken Bites* Chicken Bites* Veggie Wrap (V) *Mashed Potatoes

Cucumber & Tomato Salad Com Apple Slices Pears

WEDNESDAY

Mozzarella Sticks (V) Chicken Egg Roll & Rice Asian Chopped Salad

Carrot Sticks Snap Peas Grapes Mandarin Oranges

THURSDAY

Chicken or Black Bean(V) Quesadillas Beef & Broccoli Bowl Ham Wrap

Fresh Veggie Bowl Broccoli Banana Applesauce Fruit Swirl Cup

FRIDAY

Chicken Parmesan Turkey & Cheese Sub Vegaie Burger (V)

Peas Green Beans Fresh Fruit Peaches

Columbus Day

No School

Corn Doa Broccoli Cheese Minis (V) Tuna Wrap

Snap Peas Cucumber & Carrot Sticks Apple Slices Pears Chocolate Chip Cookie

Cheese Omelet or Sausage Patty* French Toast Sticks* Veggie Wrap (V)

Deli Roasters Broccoli Grapes Mandarin Oranges

Hot Dog Baked Motzarrella Sticks Faiita Chicken Salad

Steamed Carrots Green Beans Banana **Applesauce**

Buffalo Chicken Bites Chicken Bites* Chik'N Nuggets (V) Ham Salad

*Mashed Potatoes & Dinner Roll Fresh Vegaie Bowl Broccoli, Cauliflower & Carrots Fresh Fruit Fruit Cocktail

Meatball Sub Chicken & Veggie Alfredo Vegetable Alfredo (V) Turkey Salad

Peas Carrot Sticks Orange Wedges Pineapple

Southwest Taco Bowl Beef or Black Bean (V) Tack Mexican Chicken Salad

Fresh Veggie Bowl Green Beans Apple Slices Peaches

Chicken Frvz Buffalo Chicken Wrap Ham or Cheese (V) Salad

Garden Salad Sweet Potato Crinkles Grapes Mandarin Oranges Banana Bread

Hamburger Chicken or Chik'n (V) Patty Sandwich Craisy Turkey Apple Salad

Baked Beans Steamed Carrots Banana Applesauce Oatmeal Raisin Cookie

Cheese Pizza (V) Pepperoni Pizza Chicken & Mini Dumplings

Broccoli Tomato & Cucumber Salad Fresh Fruit Peaches

Chicken Tenders* Veggie Burger (V) Turkey Wrap *Dinner Roll

Snap Peas Garden Salad Pineapple Orange Wedges

Macaroni & Cheese (V) Chicken Patty Sandwich Ham & Cheese Sub

Green Beans Sweet Potato Crinkles Apple Slices Peaches

Meat Nachos Chicken or Black Bean (V) Fiesta Wrap Chef Salad

Tomato & Cucumber Salad Broccoli, Cauliflower & Carrots Grapes Mandarin Oranges

Pasta Pockets (V) & Meatballs (optional) Baked Chicken & Roll Ham Wrap

Fresh Veggie Bowl Banana Applesauce

Fish Sticks* Lasagna* Baked Potato & Cheese (V) *Garlic Toast

Peas Carrot Sticks Fresh Fruit Fruit Cocktail

PROGRAM

Happy Halloween!

Items in Italics only

served to Grades 2-5

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~ Milk served daily ~

*items served together

Cheese Pizza (V) Pepperoni Pizza **Chef Salad**

Garden Salad Orange Wedges Pineapple

BBQ Chicken Bites* Chicken Bites* Veggie Wrap (V) *Mashed Potatoes

Cucumber & Tomato Salad Com Apple Slices Pears

Mozzarella Sticks (V) Beef or Chicken Stir-Frv Asian Chopped Salad

Carrot Sticks Snap Peas Grapes Mandarin Oranges

DIDYOU KNOW?

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