

*Milk is served with every meal

*Whole Grain served daily

Lunch Menu October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| | 1 Chicken Tacos Tomatoes/Cheese Oranges | 2 Baked Ham Brown Rice Mixed Veggies Mixed Fruit | 3 Chicken and Veggie Pasta Apples Bread | 4 Turkey Sandwich Green Beans Melon |
| 7 Pizza Fresh Fruit Fresh Vegetable | 8 Beef Tacos Tomatoes/Cheese Fresh Fruit | 9 Pasta and Meat Sauce Peas Fresh Fruit | 10 Chicken Legs Zuchini Waffle Fries Fresh Fruit | 11 Hearty Vegetable Chicken Soup Tuna Sandwich Fresh Fruit |
| 14 Pizza Fresh Fruit Fresh Vegetable | 15 Cheese and Bean Roll Up Tomatoes Fresh Fruit | 16 Tator Tot Hot Dish with Veggies Fresh Fruit | 17 Apple French Toast Bake Sausage Carrot Sticks | 18 Tomato Soup Cheese Sandiwch Fresh Fruit |
| 21 Pizza Fresh Fruit Fresh Vegetable | 22 Baked Ham Yams Dinner Roll Fresh Fruit | 23 Lasagna Fresh Fruit Corn | 24 Chicken and Rice Hot Dish with Mixed Veggies Fresh Fruit | 25 Chilli Fresh Fruit Crackers |
| 28 Pizza Fresh Fruit Fresh Vegetable | 29 Goulash Mixed Veggies Fresh Fruit Bread | 30 Pork Roast Boiled Potatoes Green Beans Fresh Fruit | 31 Egg and Sausage Bake Cooked Carrots Fresh Fruit | 1 Pork and Brown Rice Stir Fry with Veggies Fresh Fruit |