

**OCTOBER**

**MIDDLE & HIGH LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday								
<p>Whole Grain Cereals, Low Fat Yogurt, Whole Grain Muffins or Bagels will be Offered Daily for Breakfast.</p> <p>Fresh Fruit or Vegetables and Assorted Juices will be Offered Daily for Breakfast &amp; Lunch.</p> <p>Low Fat Chef's Salad will be Offered Daily as a Second Lunch Entrée.</p> <p>A choice of 1% White or Chocolate Skim Milk is offered daily for Breakfast and Lunch.</p>		<p>National School Lunch Week October 12<sup>th</sup> - 16<sup>th</sup></p> <p>Visit <a href="http://www.allstarschoollunch.org/">http://www.allstarschoollunch.org/</a> To see why these School Lunches are All Stars!</p> <p><u>LUNCH MEAL PRICES</u></p> <table border="0"> <tr> <td>K-12</td> <td>\$ 2.00</td> </tr> <tr> <td>Reduced</td> <td>\$ .40</td> </tr> <tr> <td>Adult</td> <td>\$ 3.25</td> </tr> <tr> <td>Milk</td> <td>\$ .50</td> </tr> </table>	K-12	\$ 2.00	Reduced	\$ .40	Adult	\$ 3.25	Milk	\$ .50	<p>10/1 Garden Burger w/Lettuce &amp; Tomato, Potato Wedges, Green Beans, Fresh Fruit Juice or Canned Fruit, Milk</p> <p><b>Vegetarian Day</b></p>	<p>10/2 Hot Dog on Bun w/Chili or Manager's Choice Entree, Baked Beans, Cole Slaw, Fresh Fruit Juice or Canned Fruit, Milk</p>
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<p>10/5 Chicken Fajitas w/Toppings Pinto Beans, Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>10/6 Salisbury Steak w/ Gravy, Mashed Potatoes, Succotash Fresh Fruit, Juice or Canned Fruit, Milk</p>	<p>10/7 Spaghetti w/ Meat Sauce, Tossed Salad, Steamed Broccoli, Whole Wheat Breadstick, Fresh Fruit Juice or Canned. Fruit, Milk</p>	<p>10/8 Baked or BBQ Chicken Asian Rice, Green Beans Fresh Fruit, Juice or Canned Fruit Milk</p>	<p>10/9 Fish Fillet Sandwich w/Lettuce &amp; Tomato or Manager's Choice Entrée, Mixed Vegetables, Fresh Fruit, Juice or Canned Fruit Milk</p>								
<p>10/12 <b>CP's Pizza:</b> Whole Grain Cheese Pizza Fresh Baby Carrots, Plums Golden Sweet Potato Brownie Milk</p>	<p>10/13 <b>Dwight's Quesadilla:</b> Cheese Quesadilla Mexicali Corn Apples, Milk</p>	<p>10/14 <b>Vince's Veggies:</b> Chef Salad w/Turkey or Baked or BBQ Chicken Fresh Fruit Whole Wheat Breadstick, Milk</p>	<p>10/15 <b>Nash's Noodles:</b> Chicken Parmesan w/Noodles &amp; Marinara Sauce, Green Beans, Fruit Cocktail Whole Wheat Breadstick, Milk</p>	<p>10/16 <b>Taurasi's Teriyaki:</b> Beef &amp; Vegetable Teriyaki Rice Bowl or Manager's Choice Entrée, Steamed Cabbage Orange Wedges, Milk</p>								
<p>10/19 Chicken &amp; Rice Steamed Broccoli Carrot Sticks w/Dip Fresh Fruit &amp; Fruit Cup, Milk</p>	<p>10/20 Beefaroni Tossed Salad, Green Beans Fresh Fruit, Juice or Canned Fruit, Milk</p>	<p>10/21 Breaded Chicken Sandwich w/Lettuce &amp; Tomato, Broccoli Medley w/Cheese Sauce, Fresh Fruit, Juice or Canned Fruit, Milk</p>	<p>10/22 Jenni-O Sliced Turkey w/Gravy, Mashed Potatoes, Turnip Greens Whole Wheat Breadstick Fresh Fruit, Milk</p>	<p>10/23 <b>TEACHER WORKDAY NO SCHOOL</b></p>								
<p>10/26 <b>PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</b></p>	<p>10/27 Beef Teriyaki Bites Asian Rice, Steamed Cabbage, Peas, Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>10/28 <b>Breakfast for Lunch:</b> Jenni-O Turkey Sausage Patty Scrambled Eggs, Grits or Toast, Fresh Fruit, Juice or Canned Fruit Milk</p>	<p>10/29 Nachos w/Taco Meat Lettuce/Tomato/Salsa/Cheese, Pinto Beans, Fresh Fruit Juice or Canned Fruit Milk</p>	<p>10/30 Hot Dog on Bun w/Chili or Manager's Choice Entrée, Baked Beans, Fresh Fruit Juice or Canned Fruit, Milk</p>								