

Lunch Menu

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BF: Pancake & Chicken Sausage L: Beef Hot Dog w/Fries	2 BF: Banana Muffin L: Turkey Nachos	3 BF: Whole Grain Cereal L: Club Sandwich *CONTAINS PORK*	4 BF: Chicken Breakfast Sandwich
7 BF: Strawberry Bagelful L: Baked Ziti w/Meat Sauce	8 BF: Bean & Cheese Burrito L: Country "Fried" Pork Chop & Roasted Potatoes	9 BF: Blueberry Muffin Flat L: Turkey Chili & Corn Chips	10 BF: Whole Grain Cereal L: Chicken Leg, Mashed Potatoes w/Gravy	11 BF: Chicken & Waffle
14 BF: Coffee Cake L: Chicken Tamale	15 BF: Whole Grain Cereal L: Cheeseburger & Fries	16 BF: Banana Bread L: Cheese Ravioli	17 BF: Whole Grain Cereal L: Beef Nacho Burrito	18 BF: Pork Sausage Biscuit
21 BF: Apple Chewie Bar L: Turkey Ham & Cheese Sandwich	22 BF: Mini Confetti Pancakes L: Chicken Nuggets & Fries	23 BF: Pan Dulce L: Turkey Pastrami & Cheese Sandwich	24 BF: Whole Grain Cereal L: Plain Hamburger	25 BF: Breakfast Cheese Tamal
28 BF: Yogurt w/Granola L: Pepperoni Pizza Mac & Cheese	29 BF: French Toast Stix L: Beef Hot Dog w/Fries	30 BF: Pumpkin Muffin L: Turkey Nachos	31 BF: Whole Grain Cereal L: Chicken Alfredo	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

***** VEGETARIAN OPTION AVAILABLE DAILY**

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. Lunch includes a vegetable.

This institution is an equal opportunity provider.

