



Al-Madinah School

OCTOBER 2018

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chili con carne w/ brown rice, slice of whole wheat bread cheddar cheese, green peppers (2 oz), red peppers (2 oz), & cherry tomatoes (2 oz)	2 Chicken cutlet sandwich w/ Romaine lettuce (2 oz), cucumber slices (4 oz), white beans (4 oz) & tater tots (2 oz)	3 Baked ziti w/ marinara sauce, green peas (4 oz), baby carrots (2 oz) & grape tomatoes (2 oz)	4 Falafel balls w/whole wheat pita, tahini sauce, mixed greens (4 oz), tomatoes (2 oz) & cucumbers (2 oz)	5 Whole wheat Sicilian pizza, cut corn (4 oz) & cherry tomatoes (2 oz)
8 Tuna sandwich on whole wheat hero, potato chips, cucumber slices (2 oz), iceberg lettuce (2 oz), tomatoes (2 oz) & celery (2 oz)	9 Turkey burger, sweet potato fries (4 oz), iceberg lettuce (2 oz) & tomatoes (2 oz)	10 Sweet & sour chicken w/ baby carrots (2 oz), red peppers (2 oz), green peppers (2 oz) & onions (2 oz)	11 Meat balls w/ spaghetti, tomato sauce (4 oz) & green peas (4 oz)	12 Pizza pie w/ broccoli (4 oz) & chickpeas salad (4 oz)
15 Hot dog w/ French fries (4 oz), baked beans (4 oz) & cherry tomatoes (2 oz)	16 Breaded fish sandwich w/ potato chips, cheese (1 oz), iceberg lettuce (2 oz) & cherry tomatoes (2 oz)	17 BBQ chicken w/ brown rice, peas (4 oz) & carrots (4 oz)	18 Pepper steak w/ teriyaki sauce, whole grain rice, green peppers (4 oz), baby carrots (2 oz) & onions (2 oz)	19 Whole wheat pizza pie w/ chickpeas salad (2 oz) & mixed greens (4 oz)
22 Sliced turkey sandwich on whole wheat roll w/ American cheese, Romaine lettuce (4 oz), cherry tomatoes (2 oz) & hash brown potatoes (2 oz)	23 Sesame chicken w/ brown rice, peas (2 oz) & Bok Choy sauté (4 oz)	24 Philly cheese steak sandwich on whole wheat roll, mashed potatoes (4 oz), green peppers (2 oz) & onions (2 oz)	25 Macaroni & cheese w/ broccoli (4 oz) & sliced carrots (4 oz)	26 Chicken fingers w/ grape tomatoes (2 oz), sliced cucumbers (2 oz) & lima beans (4 oz)
29 Mozzarella sticks w/ whole wheat bread, marinara sauce (2 oz), sauteed green beans (4 oz) & baby carrots (2 oz)	30 Chicken biryani w/ chick peas (2 oz), red peppers (2 oz), green peppers (2 oz) & onions (2 oz)	31 Beef & broccoli w/ brown rice, broccoli (4 oz), red peppers (2 oz) & carrots (2 oz)		

Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.

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