

OCTOBER 2018

WESTLAKE PREP

Monday

1

Oven Baked Chicken Tenders
Steamed White Rice w/ Gravy
Buttered Corn
Seasonal Fresh Fruit

V: Veggie Nuggets

Tuesday

2

Penne Pasta w/ Ground Turkey Meat
sauce & Fresh Mozzarella Cheese
Sweet Peas
Artisan Wheat Roll
Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

Wednesday

3

Chicken & Cheese Quesadilla
Spanish Rice
Refried Beans
Seasonal Fresh Fruit

V: Bean & Cheese Roll-Ups

Thursday

4

Grilled Turkey & Cheddar Cheese
Sandwich
Oven Roasted Red Potatoes
Mixed Veggies

V: Grilled Cheese

Friday

5

Pizza

8

NO SCHOOL

TEACHER IN-SERVICE

9

Curried Turkey Couscous w/ Celery &
Raisins
Sliced Pita Bread
Seasonal Fresh Fruit

V: Veggie "Chicken" Couscous

10

Creamy Fettuccine Alfredo w/ Grilled
Chicken

Oven Roasted Baby Carrots
Artisan Wheat Roll

Seasonal Fresh Fruit
V: Fettuccine Alfredo

11

Parmesan Crusted Tilapia over Steamed
White Rice

California Veggie Blend
Artisan Wheat Roll

Seasonal Fresh Fruit
V: Grilled Cheese

12

Pizza

Breakfast for Lunch

15

Pancakes w/ Syrup
Potatoes O'Brien
Turkey Sausage
Seasonal Fresh Fruit

V: Veggie Sausage Patty

16

Macaroni & Cheese w/ Grilled Chicken
Sweet Peas
Artisan Wheat Roll
Seasonal Fresh Fruit

V: Macaroni & Cheese

17

Ground Turkey Sloppy Joe
Sweet Potato Fries
Buttered Corn
Seasonal Fresh Fruit

V: Sloppy Joe w/ Veggie "Meat"

18

Oven Baked Chicken Leg
Loaded Mashed Potatoes
Mixed Veggies
Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

19

Pizza

22

Oven Roasted Chicken Breast over
Mashed Potatoes
Mixed Veggies
Wheat Roll
Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

23

Grilled Cheese
Oven Roasted Red Potatoes
Normandy Veggie Blend
Seasonal Fresh Fruit

24

Oven Baked Chicken Tenders
Cheesy Broccoli Rice
Sweet Peas
Seasonal Fresh Fruit

V: Veggie Nuggets

25

Cheesy Pasta Primavera
Oven Roasted Baby Carrots
Artisan Wheat Roll
Seasonal Fresh Fruit

26

Pizza

29

Pancakes w/ Syrup
Potatoes O'Brien
Turkey Sausage
Seasonal Fresh Fruit

V: Veggie Sausage Patty

30

BBQ Chicken Sandwich on a Whole
Wheat Bun
Shoe String Fries
Buttered Corn
Seasonal Fresh Fruit

V: Veggie Burger

31

Beef Meatballs w/ Brown Gravy over Egg
Noodles
Green Beans
Homemade Cornbread
Seasonal Fresh Fruit

V: Veggie Meatballs w/ Marinara Sauce

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: **233000**

Lunch orders must be ordered by Wednesday thru Lunch Direct for following week