



# Al-Madinah School

## **OCTOBER 2019**

### **LUNCH MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef burger on whole wheat bun w/ American cheese (1 oz), baby carrots (4 oz) & mashed potatoes (4 oz)	2 Chicken cutlet sandwich on whole wheat roll, tater tots (2 oz), carrots (4 oz), baby spinach (4 oz) & white beans (4 oz)	3 Falafel balls w/ tahini sauce, mixed greens (4 oz), tomatoes (2 oz) & cucumber slices (4 oz)	4 Pizza pie w/ cut corn (4 oz) & zucchini (4 oz)
7 Sesame chicken w/ brown rice (4 oz), peas (2 oz), Bok Choy (4 oz) & cherry tomatoes (2 oz)	8 Tuna sandwich on whole wheat roll, mesclun lettuce (2 oz), celery (2 oz), cucumbers (2 oz) tomatoes (2 oz) & potato chips	9 Shish kabab sandwich w/ Romaine lettuce (2 oz), baby carrots (2 oz) & cucumber slices (4 oz)	10 Penne pasta w/ meat sauce, sauteed green peas (4 oz) & broccoli (4 oz)	11 Hot dog w/ French fries (4 oz), cherry tomatoes (2 oz) & three-bean salad (4 oz)
14 Beef gyro w/ yellow rice (4 oz), red peppers (3 oz), green peppers (3 oz), onions (2 oz) & white sauce	15 Deli cold-cut sandwich on whole wheat roll, American cheese (1 oz), Romaine lettuce (4 oz) & baby carrots (4 oz)	16 Chicken biryani, chick peas (2 oz), red peppers (2 oz), green peppers (2 oz) & onions (2 oz)	17 Meatballs w/ spaghetti, broccoli (4 oz), cherry tomatoes (2 oz) & green peas (2 oz)	18 Pizza pie, cherry tomatoes (2 oz), cut corn (4 oz) & pinto beans (4 oz)
21 Beef taco shell w/ Spanish rice (4 oz), Romaine lettuce (2 oz), celery (3 oz), onions (3 oz), salsa (2 oz) & black beans (4 oz)	22 Jerk chicken w/ brown rice (4 oz), collard greens (2 oz), zucchini (4 oz) & black beans (2 oz)	23 Stuffed pasta shell w/ cottage cheese, broccoli (4 oz), cherry tomatoes (2 oz) & cucumber slices (2 oz)	24 Beef & broccoli w/ brown rice (4 oz), broccoli (4 oz), red peppers (2 oz) & carrots (2 oz)	25 Beef hot dog, French fries (4 oz) & carrots (4 oz)
28 Chili con carne, brown rice (4 oz), slice of bread, cheddar cheese (1 oz) red peppers (2 oz), green peppers (2 oz) & cherry tomatoes (4 oz)	29 Chicken shawarma, brown rice (4 oz), red peppers (3 oz), green peppers (3 oz), onions (2 oz), beans (4 oz) & white sauce	30 Beef stew, brown rice (4 oz), potatoes (4 oz), celery (2 oz), onions (2 oz) & broccoli (4 oz)	31 Stir fried vegetables w/ chicken pasta, cauliflower (2 oz), scallions (2 oz) & cut corn (4 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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3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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