

# Lunch Menu

# October 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
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A full student lunch includes a choice of entree supplying protein and grain, up to three (3) vegetables & fruit side dishes and milk. Milk choices include 1% white and non fat chocolate..

A cold vegetable and fruit salad bar is available daily in which we feature a variety of vegetables and fruits including locally grown produce when seasonally available.

	<b>1</b> Turkey Sandwhich with chicken soup	<b>2</b> Marinated Chicken Drumpstick with Steam brown rice	<b>3</b> Grilled Cheese Sandwhich with tomatoe soup	<b>4</b> Beef Tacos WG Tortillas & Pinto Beans	<b>5</b> Chicken Enchiladas & Brown Rice	<b>6</b>
<b>7</b>	<b>8</b> Chicken Teriyaki Not so fried rice	<b>9</b> Ham Sandwhich with vegetable soup	<b>10</b> Grilled Cheese Sandwhich with tomatoe soup	<b>11</b> Bake Ziti with Meat Sauce WG Roll	<b>12</b> BBQ Chicken with Mashed Potatoes	<b>13</b>
<b>14</b>	<b>15</b> Chicken Fjajita Tacos WG/ Pinto Beans	<b>16</b> Chicken Enchiladas & Brown Rice	<b>17</b> Marinated Chicken Drumpstick with Steam brown rice	<b>18</b> WG Pasta with Meat Sauce WG Roll	<b>19</b> Grilled Cheese Sandwhich with tomatoe soup	<b>20</b>
<b>21</b>	<b>22</b> Turkey Sandwhich with chicken soup	<b>23</b> Chicken Alfredo	<b>24</b> Beef Enchiladas & Brown Rice	<b>25</b> Beef Tacos Whlole Wheat Tortillas	<b>26</b> BBQ Chicken with Mashed Potatoes	<b>27</b>

## SALAD BAR SELECTION

Chopped Romaine	Chopped Romaine	Chopped Romaine	Chopped Romaine	Chopped Romaine
Slice Tomatoes	Slice Tomatoes	Broccoli Florets	Black Peas	Power Peas
Slice Cucumbers	Celery Sticks	Carrot Sticks	Slice Tomatoes	Carrot Sticks
Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup