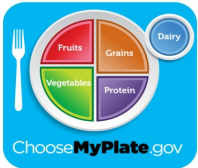


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 B L S	Chicken Quesadilla with Whole Kernel Corn (1c)	Beef Taquitos (2) with Black Beans (1c)	Chicken Tamal with Green Salad (2c) (73)	Honey BBQ Chicken Wings (4) with Dinner Roll, Carrot Sticks (1c) & Ranch	Chicken Fettuccine (1c) Alfredo with Green Salad (2c)
8 B L S	Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Pinto Beans (1c)	Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with Green Salad (1 1/2c) (60) + 3 Without Ham (No Pork)	Cheeseburger with Sweet Potato (1c)	Breaded Chicken Drumstick with Mashed Potatoes (1c) & Dinner Roll	Chicken (1/2c) Chow Mein (1c) & Steamed Broccoli & Carrots (1c)
15 B L S	Chicken, Cheese & Rice Burrito with Whole Kernel Corn (1c)	Macaroni & Cheese (1c) with Green Salad (2c)	Chicken Tamal with Black Beans (1c)	Honey BBQ Chicken Wings (4) with Dinner Roll, Carrot Sticks (1c) & Ranch	Chicken Fettuccine (1c) Alfredo with Steamed Broccoli & Carrots (1c)
22 B L S	Beef Meatball & Cheese Hoagie Sandwich with Tater Tots (1c)	Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Black Beans (1c)	Chicken Tamal with Green Salad (2c) (73)	Ham & Cheese Torta with Carrot Sticks (3/4c) & Ranch (60) + 3 Without Ham (No Pork)	Creamy Chicken Chipotle (1/2c) over Penne Pasta (1c) with Steamed Broccoli & Carrots (1c)
29 B L S	Beef Hot Dog with Sweet Potato (1c)	Spaghetti (1c) & Meatballs with Green Salad (1 1/2c)	31  Chicken & Waffles with Mashed Potatoes (1c) (73)	November 1st Chicken Tamal with Black Beans (1c) (73)	November 2nd Chicken Fettuccine (1c) Alfredo with Steamed Broccoli & Carrots (1c)

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

School Notes: PRE-PACKED// Remove Cajun Pasta (cold pasta)// NO Pork for 2 students, send 2 extra vegetarian meals on dates with pork// No Pizza on Menu // Send Disposable Styrofoam Trays Every Day



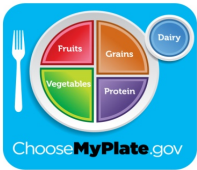
“Eat Right, Be Bright!”



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Creamy Chipotle Penne Pasta (1c) with Shredded Cheese (2oz) & Whole Kernel Corn (1c)	2	Hawaiian Tofu (1/2c) with Brown Rice Pilaf (1c), BBQ Baked Beans (1/2c) & Whole Kernel Corn (1/2c)	3	Three Cheese Lasagna with Green Salad (1 1/2c)	4	Garden Burger with Sweet Potato (1c)	5	Orange Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
8	Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (1c)	9	Spaghetti (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Green Salad (1c)	10	Fresh Veggie, Bean & Cheese Wheat Tortilla Wrap with Carrot Sticks (3/4c) & Ranch	11	Garden Burger with Mashed Potatoes (1c)	12	Tofu (1/2c) Chow Mein (1c) & Steamed Broccoli & Carrots (1c)
15	Bean & Cheese Burrito with Whole Kernel Corn (1c)	16	Macaroni & Cheese (1c) with Green Salad (2c)	17	Cheese Tamal with Black Beans (1c)	18	Garden Burger with Sweet Potato (1c)	19	Fettuccine (1c) Alfredo with Shredded Cheese (2oz) & Steamed Broccoli & Carrots (1c)
22	Garden Burger with Tater Tots (1c)	23	Shredded Cheese (2oz) Nachos (2oz) with Black Beans (1c)	24	Fresh Veggie, Bean & Cheese Wheat Tortilla Wrap with Green Salad (1c)	25	Bean & Cheese Torta with Carrot Sticks (3/4c) & Ranch	26	Teriyaki Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)
29	Garden Burger with Sweet Potato (1c)	30	Spaghetti (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Green Salad (1c)	31	Bean & Cheese Torta with BBQ Corn Salad (3/4c)	November 1st	Cheese Tamal with Black Beans (1c)	November 2nd	Mongolian Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)

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School Notes:



“Eat Right, Be Bright!”

