



## October 2018 Lunch Menu

<b>October</b>						
1 Mon	Dairy	2 Tue	Meat	3 Wed	Dairy	
4 Thu	Meat	5 Fri	Dairy			
No School		No School		P Grilled Cheese on wheat S French Fries V - Corn	Chicken Fingers S Orzo V Broccoli	P&S Lasagna w/ Cheese V Mixed Veg
8		9		10		12
S Bowtie Pasta w/ Cheese V - Zucchini		P - Sloppy Joe wheat /Bun S Lima Beans V - Yellow Squash		P Talapia Tacos S Southwestern Slaw V Roasted Sweet Potato		P- Cheese Pizza S- Bagels V- Hashbrown
15		16		17		19
P & S - Black Bean Burger V WW Bun V - Carrots S - French Fries		P- Beef Meatloaf S- Mash Potato V- Corn		P- Macaroni and Cheese V - Broccoli		P & S Chicken Wh Wheat Sand V Carrot /Celery Stick S - Cheese Pizza V Mixed Veg
22		23		24		26
P & S Cheese Quesadilla S WW Flour Tirtilla V Green Beans		P Hamburger w wheat bun S French Fries V Peas		P & S Garlic, Herb Spaghetti w/ Cheese V Cauliflower		S & P - Grilled Cheese S - Tater Tots V - Yellow Squash
29		30		31		
P&S Pizza V Sliced Cuces, Tomato & Ranch		P MeatBalls and Spaghetti V Green Beans		P Bean & Cheese Burrito S- Brown Rice V Mix veg		