

October 2019 * Primary & Elementary Lunch Menu

<p>Sep 30 BBQ Pulled Pork Sandwich ½ cup Steamed Corn ½ cup Sweet Potato Tots ½ cup Chilled Peaches ½ cup</p>	<p>1 Pepperoni Pizza – 1 slice Steamed Baby Carrots ½ cup Carrot & Celery Sticks ½ cup w/Ranch 1 oz Fruit Cocktail ½ cup Snickerdoodle Cookie – 1 oz</p>	<p>2 Spaghetti & Meatsauce ½ cup Steamed Broccoli ½ cup Popeye Salad ½ cup Apple Slices ½ cup Garlic Breadstick 1 oz</p>	<p>3 Baked Chicken 2 oz Rice Dressing ½ cup Broccoli & Cheese ½ cup Sweet Potatoes ¼ cup Fresh Fruit Cup ½ cup Homemade Roll 1 oz</p>	<p>4 Meatloaf w/Gravy 2 oz Mashed Potatoes ½ cup Lima Beans ½ cup Fresh Orange Wedges ½ cup Hot Roll, 1 oz</p>
<p>7 Red Beans & Sausage ½ cup Steamed Rice ½ cup Mustard Greens ½ cup Sweet Potatoes ¼ cup Apple Slices ½ cup Cornbread 1 oz</p>	<p>8 Beef Tacos (Taco Meat) 2 oz Pepper & Onion Blend ½ cup Shredded Lettuce & Tomatoes ½ cup Refried Beans w/Salsa ½ cup Mixed Fruit ½ cup Angelic Brownie 1 oz</p>	<p>9 Meatball Stew 2 oz Steamed Rice ½ cup Green Peas ½ cup Tossed Salad ½ cup Apple Wedges ½ cup Homemade Roll 1 oz</p>	<p>10 BBQ Chicken Sandwich ½ cup Seasoned Corn ½ cup Pinto Beans ½ cup Sliced Burger Bun 2 oz Fruit Cocktail ½ cup</p>	<p>11 Sliced Turkey Roast 2 oz Rice Dressing ½ cup Pork & Beans ¼ cup Green Beans ½ cup Chilled Pears ½ cup Homemade Roll 1 oz</p>
<p>14 Beef Lasagna 2 oz Steamed Corn ½ cup Garden Salad ½ cup Mixed Fruit ½ cup Homemade Roll 2 oz</p>	<p>15 Chicken Fried Steak 2 oz Mashed Potatoes w/ Gravy ½ cup Green Beans ½ cup Fresh Oranges Wedges ½ cup Homemade Roll 2 oz</p>	<p>16 BBQ Burger 1 each Sweet Potato Tots ½ cup Broccoli & Cheese ½ cup Sliced Peaches ½ cup Sliced Burger Bun 2 oz Fruit Slush ½ cup</p>	<p>17 Beef Nachos 2 oz Cheese Sauce Cup 2 oz Shredded Lettuce & Tomato ½ cup Pepper & Onion Blend ½ cup Fresh Grapes ½ cup</p>	<p>18 Chicken Stew ½ cup Steamed Rice ½ cup Coleslaw ¼ cup White Beans ½ cup Chilled Pears ½ cup Homemade Roll 1oz</p>
<p>21 Sloppy Joe Sandwich ½ cup Steamed Corn ½ cup Sweet Potato Tots ½ cup Chilled Peaches ½ cup</p>	<p>22 Pepperoni Pizza – 1 slice Steamed Baby Carrots ½ cup Carrot & Celery Sticks ½ cup w/Ranch 1 oz Fruit Cocktail ½ cup Chocolate Chip Cookie – 1 oz</p>	<p>23 Beef & Cheese Macaroni ½ cup Steamed Broccoli ½ cup Popeye Salad ½ cup Apple Slices ½ cup Garlic Breadstick 1 oz</p>	<p>24 Baked Chicken 2 oz Rice Dressing ½ cup Broccoli & Cheese ½ cup Sweet Potatoes ¼ cup Fresh Fruit Cup ½ cup Homemade Roll 1 oz</p>	<p>25 Salisbury Steak w/Gravy 2 oz Mashed Potatoes ½ cup Lima Beans ½ cup Fresh Orange Wedges ½ cup Hot Roll, 1 oz</p>
<p>28 Red Beans & Sausage ½ cup Steamed Rice ½ cup Mustard Greens ½ cup Sweet Potatoes ¼ cup Apple Slices ½ cup Cornbread 1 oz</p>	<p>29 Beef Tacos (Taco Meat) 2 oz Pepper & Onion Blend ½ cup Shredded Lettuce & Tomatoes ½ cup Refried Beans w/Salsa ½ cup Mixed Fruit ½ cup Angelic Brownie 1 oz</p>	<p>30 Meatball Stew 2 oz Steamed Rice ½ cup Green Peas ½ cup Tossed Salad ½ cup Apple Wedges ½ cup Homemade Roll 1 oz</p>	<p>31 BBQ Chicken Sandwich ½ cup Seasoned Corn ½ cup Pinto Beans ½ cup Sliced Burger Bun 2 oz Fruit Cocktail ½ cup</p>	<p>Nov 1 Sliced Turkey Roast 2 oz Rice Dressing ½ cup Pork & Beans ¼ cup Green Beans ½ cup Chilled Pears ½ cup Homemade Roll 1 oz</p>