

# MENU OCTOBER 2020

# GRADES 5-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
ENTRÉE 1				PERUVIAN LOMO SALTADO	HOME STYLE MEATLOAF
ENTRÉE 2				FRIED CAT FISH	CHICKEN POT PIE
MINDFUL				GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG. ENTRÉE				CORN NUGGETS	MACARRONI & CHEESE
VEGETABLE				GLAZED FRENCH CARROTS	FRESH GREEN BEANS
VEGETABLE				CHEF CHOICE	CHEF CHOICE
STARCH				STEAK FRIES	ROASTED SWEET POTATOES
STARCH					
BEAN				BLACK BEAN	PINTO BEAN
GRAIN				STEAMED RICE	STEAM RICE
GRILL ALL DAY				GRILL ALL DAY	GRILL ALL DAY
DAILY				HAMBURGER	HAMBURGER
DAILY				CHEESE BURGER	CHEESE BURGER
DAILY					
SPECIAL				SOUTHERN CHICKEN TENDERS	CHICKEN & WAFFLES
POTATO				FRENCH FRIES	CURLY FRIES
	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
ENTRÉE 1	CHICKEN PICCATA	SOUTHERN FRIED CHICKEN	FAMOUS BUFFALO CHICKEN SALAD	CURRY CHICKEN	BEEF LASAGNA
ENTRÉE 2	CUBAN PICADILLO	PULLED PORK	TERIYAKI BEEF & BROCCOLI	MEDITERRANEA MAHI MAHI	MOJO LIME JERK CHICKEN
MINDFUL	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG. ENTRÉE	STUFFED SHELLS	JOPIN JOE	VEGETABLE SPRING ROLLS	BROCCOLI RICE CASSEROLE	VEGETABLE LASAGNA
VEGETABLE	ASPARRAGUS	BRAISED GREENS	BISTERED GREEN BEANS	BROCCOLINI	SQUASH & ZUCCHINI
VEGETABLE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE
STARCH	BUTTER PASTA	ROSATED POTATOES	CILANTRO BROWN RICE	PARMEGIAN MASHED POTATOES	CARIBBEAN RICE & PEAS
STARCH	TOSTONES	HONEY CORN BREAD			SWEET PLANTAINS
BEAN	BLACK BEAN	PINTO BEAN	LENTILS	PINTO BEANS	BLACK BEANS
GRAIN	STEAMED RICE	STEAMED RICE	BROWN RICE	JAZMINE RICE	STEAMED RICE
GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY
DAILY	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER
DAILY	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER
DAILY	CHICKEN SANDWICH		CHICKEN SANDWICH		CHICKEN SANDWICH
SPECIAL	CHILI CHEESE DOG	SOUTHERN CHICKEN TENDERS	HOT CUBAN SANDWICH	SOUTHERN CHICKEN TENDERS	CRISPY CHICKEN WINGS
POTATO	CURLY FRIES	FRENCH FRIES	CRISPY WEDGES	FRENCH FRIES	FRENCH FRIES
	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
ENTRÉE 1	CHICKEN PARMESAN	BEEF STROGANOFF	ROASTED TURKEY	BEEF TACO BOWL	LEMON DILL SEARED SALMON
ENTRÉE 2	SALISBURY STEAK	ARROZ CON POLLO	PORK LOIN CRANBERRY GLAZE	CHICKEN FAJITAS	LEMONB PEPPER ROASTED CHICKEN
MINDFUL	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG. ENTRÉE	HERB PASTA & PEAS	POLISH PIEROGIE	MAC & CHEESE	GARLIC CILANTRO MUSHROOMS	EGGPLANT PARMESAN
VEGETABLE	STEAMED BROCCOLI	ASPARRAGUS	GREEN BEANS	CHIPOTLE PEAS & CORN	ORANGE GLAZE CARROTS
VEGETABLE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE
STARCH	ROASTED POTATOES	BUTTER NOODLES	BUTTER MASHED POTATOES	MEXICAN RICE	ROASTED CORN MASH POTATOES
STARCH		SWEET PLANTAINS		REFRIED BEANS	
BEAN	BLACK BEAN	PINTO BEAN	LENTILS	BLACK BEAN	PINTO BEAN
GRAIN	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY
DAILY	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER
DAILY	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER
DAILY	CHICKEN SANDWICH		CHICKEN SANDWICH		CHICKEN SANDWICH
SPECIAL	CHICKEN EMPANADAS	SOUTHERN CHICKEN TENDERS	PHILLY CHEESE STEAK	SOUTHERN CHICKEN TENDERS	ITALIAN BAGEL SANDWICH
POTATO	SWEET POTATO FRIES	FRENCH FRIES	TATER TOTS	FRENCH FRIES	CURLY FRIES
	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
ENTRÉE 1	ORANGE CHICKEN	PARMEGIAN MEATBALLS	GREEK STYLE GYRO	ST. LOUIS BBQ RIBS	CHICKEN JAMBALAYA
ENTRÉE 2	RED CURRY BEEF	MEDITERRANEAN FISH	LEMON PEPPERS CHICKEN	SOUTHERN ROASTED CHICKEN	SHRIMP ETOUFFEE
MINDFUL	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG. ENTRÉE	SESAME LO MEIN	MANICOTTI FLORENTINE	FALAFELS	MACARRONI & CHEESE	BAKED ZITI
VEGETABLE	BOK CHOY	CHAR ASPARRAGUS	STEAMED BROCCOLI	BLISTERED GREEN BEANS	SQUASH MEDLEY
VEGETABLE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE
STARCH	JAZMINE RICE	HERB PASTA	SWEET POTATO FRIES	CRISPY POTATO WEDGES	JAZMINE RICE
STARCH					
BEAN	BLACK BEAN	PINTO BEAN	LENTILS	BLACK BEAN	PINTO BEAN
GRAIN	JAZMINE RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	JAZMINE RICE
GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY
DAILY	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER
DAILY	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER
DAILY	CHICKEN SANDWICH		CHICKEN SANDWICH		CHICKEN SANDWICH
SPECIAL	BQ PORK MELT	SOUTHERN CHICKEN TENDERS	HOT ROAST BEEF	SOUTHERN CHICKEN TENDERS	EMPANADAS
POTATO	CURLY FRIES	FRENCH FRIES	SWEET POTATOE FRIES	FRENCH FRIES	CURLY FRIES

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<b>ENTRÉE 1</b>	COUNTRY FRIED STEAK	CHICKEN TERIYAKI	CHICKEN MARSALLA	PERUVIAN CHICKEN & POTATOES	HOME STYLE MEATLOAF
<b>ENTRÉE 2</b>	ROSEMARY CHICKEN	ORANGE GLAZE SALMON	BAKED POTATO BAR	FRIED CAT FISH	CHICKEN POT PIE
<b>MINDFUL</b>	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
<b>VEG. ENTRÉE</b>	EGGPLANT PARMEGIAN	VEGGIE LO MEIN	TORTELLINI AL PESTO	CORN NUGGETS	MACARRONI & CHEESE
<b>VEGETABLE</b>	ASPARRAGUS	RASTED BRUSSEL SPROUTS	STEAMED BROCCOLI	GLAZED FRENCH CARROTS	FRESH GREEN BEANS
<b>VEGETABLE</b>	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE
<b>STARCH</b>	MASHED POTATOES	VEGETABLE FRIED RICE	ROASTED GARLIC MASH	JOPIN JOE	ROASTED SWEET POTATOES
<b>STARCH</b>					
<b>BEAN</b>	BLACK BEAN	PINTO BEAN	LENTILS	BLACK BEAN	PINTO BEAN
<b>GRAIN</b>	STEAMED RICE	JAZMINE RICE	STEAMED RICE	STEAMED RICE	STEAM RICE
<b>GRILL ALL DAY</b>	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY
<b>DAILY</b>	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER
<b>DAILY</b>	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER
<b>DAILY</b>	CHICKEN SANDWICH		CHICKEN SANDWICH		
<b>SPECIAL</b>	CHICKEN QUESADILLA	SOUTHERN CHICKEN TENDERS	HOT PASTRAMI & SWISS	SOUTHERN CHICKEN TENDERS	CHICKEN & WAFFLES
<b>POTATO</b>	TATER TOTS	FRENCH FRIES	SWEET POTATOE FRIES	FRENCH FRIES	CURLY FRIES