

CHARLES HARKER

OCTOBER Lunch Menu



Choose 1 Entrée.

Lunch Includes:

Protein ~ Grain ~ Fruit ~ Veggie ~ Milk
Choose at least 3 out of 5 components including a fruit or veggie. You may take 2 fruits & 2 veggies.

All salads come with a grain.

Daily Fruit offerings include: Fresh, Cupped & 100% Juice

Monday-October 2	Tuesday-October 3	Wednesday-October 4	Thursday-October 5	Friday-October 6
DAY A <u>Entrée #1</u> BACON BURGER <u>Entrée #2</u> FISH STICKS <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY B <u>Entrée #1</u> BEEF NACHOS <u>Entrée #2</u> HOT DOG <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY C <u>Entrée #1</u> CONFETTI PANCAKE <u>Entrée #2</u> EGG & CHEESE <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY D <u>Entrée #1</u> CHICKEN NUGGETS <u>Entrée #2</u> MEATBALL PARM <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY E <u>Entrée #1</u> CHEESE PIZZA <u>Entrée #2</u> BBQ PULLED PORK <u>ENTRÉE #3</u> BAGEL BAG LUNCH
Monday-October 9	Tuesday-October 10	Wednesday-October 11	Thursday-October 12	Friday-October 13
 Columbus Day	DAY F <u>Entrée #1</u> BEEF TACO WRAP <u>Entrée #2</u> MINI CORN DOGS <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY A <u>Entrée #1</u> GLZ.FRENCH TOAST <u>Entrée #2</u> EGG & CHEESE <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY B <u>Entrée #1</u> POPCORN CHICKEN <u>Entrée #2</u> CHICKEN FAJITA <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY C <u>Entrée #1</u> PIZZA BAGELS <u>Entrée #2</u> BBQ PULLED PORK <u>ENTRÉE #3</u> CEREAL BAG LUNCH
Monday-October 16	Tuesday-October 17	Wednesday-October 18	Thursday-October 19	Friday-October 20
DAY D <u>Entrée #1</u> CHEESEBURGER <u>Entrée #2</u> GRILLED CH. & SOUP <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY E <u>Entrée #1</u> TURKEY TACOS <u>Entrée #2</u> BUFF. CHIX SALAD <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY F <u>Entrée #1</u> PANCAKES <u>Entrée #2</u> EGG & CHEESE <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY A <u>Entrée #1</u> CHICKEN TENDERS <u>Entrée #2</u> QUESADILLA PIZZA <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY B <u>Entrée #1</u> PIZZA CRUNCHERS <u>Entrée #2</u> BBQ PULLED PORK <u>ENTRÉE #3</u> BAGEL BAG LUNCH
Monday-October 23	Tuesday-October 24	Wednesday-October 25	Thursday-October 26	Friday-October 27
DAY C <u>Entrée #1</u> BACON BURGER <u>Entrée #2</u> FISH STICKS <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY D <u>Entrée #1</u> WALKING TACO <u>Entrée #2</u> CHICKEN RANCH SALAD <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY E <u>Entrée #1</u> FRENCH TST STICKS <u>Entrée #2</u> EGG & CHEESE <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY F <u>Entrée #1</u> CHICKEN BACON MELT <u>Entrée #2</u> CHEESEBURGER <u>ENTRÉE #3</u> CEREAL BAG LUNCH	DAY A <u>Entrée #1</u> PIZZA DIPPERS <u>Entrée #2</u> BBQ PULLED PORK <u>ENTRÉE #3</u> CEREAL BAG LUNCH
Monday-October 30	Tuesday-October 31			
DAY B <u>Entrée #1</u> CHICKEN & PASTA/ ALFREDO <u>Entrée #2</u> GRILLED CH. & SOUP <u>ENTRÉE #3</u> BAGEL BAG LUNCH	DAY C <u>Entrée #1</u> CHEESE QUESADILLA <u>Entrée #2</u> MINI CORN DOGS <u>ENTRÉE #3</u> BAGEL BAG LUNCH	 Happy Halloween		
			= Vegetarian Ingredients	CAFÉ CONTACT INFO: Gina D'Adamo (Food Service Director) SWE@nsfm.com Phone: 856-241-1552 X1097 Milk: Skim Chocolate, 1% White, Skim Strawberry *Menu subject to change. This institution is an equal opportunity provider.

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