

**ESCNJ
Lunch**

October 1 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches, Pears, and Pineapple) MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas, Carrots, Corn, Green Beans			1 Tri-Color Tortellini w/ Alfredo Sauce-3oz Sliced Carrots - 1 1/4c Fresh Banana -1 Wheat Dinner Roll-1 Milk-8 oz.	2 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk-8 oz.
5 W/G Spaghetti & Beef Meatballs w/ Sauce-3oz Green Beans - 1c Fresh Orange -1 Whole Grain Bread Slice-1 Milk-8 oz.	6 All Beef Hamburger on Wheat Hamburger Bun - 1 Vegetarian Beans - 1c Fresh Apple-1 Milk-8 oz.	7 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Grape Tomatoes - 1 1/4c Fresh Pear-1 Milk-8oz.	8 Breaded Chicken Patty with Gravy - 3oz. French Fries - 1c. Fresh Banana -1 Whole Grain Bread Slice- 1 Milk-8 oz.	9 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing -2c Fresh Orange-1 Milk-8 oz.
12 French Toast Sticks-3 Turkey Sausage Patty -2 Cold Corn Cup -1c. Fresh Orange -1 Milk-8 oz.	13 Turkey & American Cheese on W/G Potato Bun - 1 Fresh Baby Carrots w/Dip -1 1/4c Fresh Apple-1 Milk-8 oz.	14 Beef Meatballs Parmigiana on Wheat Sub Roll - 1 Mixed Vegetables - 1c Fresh Pear-1 Milk-8oz.	15 Cavatappi Pasta & Broccoli w/ Alfredo Sauce-3oz Fresh Banana-1 Wheat Dinner Roll-1 Milk-8 oz.	16 Whole Wheat 3x5 Cheese Pizza-2 3 Bean Salad Cup-1c Fresh Orange-1 Milk-8 oz.
19 Macaroni & Cheese -6oz Mixed Vegetables - 1c Fresh Orange -1 Whole Grain Bread - 1 Milk-8 oz.	20 W/G Fiesta Beef & Cheese Wrap-1 Grape Tomatoes - 1 1/4c Fresh Apple-1 Milk-8 oz.	21 Chicken Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Black Bean & Corn Cup - 1c Fresh Pear-1 Milk-8oz.	22 W/G Chicken Fingers -3 Plantains -1c Fresh Banana -1 Whole Grain Bread Slice-1 Milk-8 oz.	23 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk-8 oz.
26 All Beef Hot Dog on Wheat Hot Dog Bun-1 French Fries -1c Fresh Orange -1 Milk-8 oz.	27 W/G Cheese Lasagna w/ Spaghetti Sauce -1 Mixed Vegetables -1c Fresh Apple-1 Whole Grain Bread Slice-1 Milk - 8oz	28 W/G Chicken Fries -8 Vegetarian Beans -1c Fresh Pear -1 Whole Grain Bread Slice -1 Milk -8oz	29 Beef Meatloaf w/ Ketchup-1 Sliced Carrots - 1 1/4c Fresh Banana -1 Wheat Dinner Roll -1 Milk -8oz	30 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk-8 oz.