

October 1 - October 31

ESCNJ-BBLC
Lunch-K-8



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 -3/4c Fresh Banana -1 Wheat Dinner Roll-1 Milk-8 oz.	2 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
5 W/G Spaghetti & Beef Meatballs w/ Sauce-3oz Green Beans - 3/4c Watermelon Craisins -1/2c Whole Grain Bread Slice - 1 Milk-8 oz.	6 All Beef Hamburger on Wheat Hamburger Bun - 1 Vegetarian Beans - 3/4c Fresh Apple -1 Milk-8 oz.	7 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Grape Tomatoes - 1c Fresh Pear -1 Milk-8oz.	8 Breaded Chicken Patty with Gravy - 3oz. French Fries - 3/4c. Fresh Banana -1 Whole Grain Bread Slice- 1 Milk-8 oz.	9 W/G Turkey & Beef Pepperoni Pizza Pocket -1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
12 French Toast Sticks-3 Turkey Sausage Patty -2 Cold Corn Cup -3/4c. Fruit Punch Craisins -1/2c Milk-8 oz.	13 Turkey & American Cheese on W/G Potato Bun - 1 Fresh Baby Carrots w/ Dip-1c Fresh Apple -1 Milk-8 oz.	14 Beef Meatballs Parmigiana on Wheat Sub Roll Mixed Vegetables - 3/4c 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-3/4c Fresh Orange-1 Milk-8 oz.
19 Macaroni & Cheese -6oz Mixed Vegetables-3/4c Cherry Craisins - 1/2c. Whole Grain Bread Slice - 1 Milk-8 oz.	20 W/G Fiesta Beef & Cheese Wrap-1 Grape Tomatoes -1c Fresh Apple -1 Milk-8 oz.	21 Chicken Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops - 1 Black Bean & Corn Cup - 3/4c Fresh Pear -1 Milk-8oz.	22 W/G Chicken Fingers -3 Plantains -3/4c Fresh Banana -1 Whole Grain Bread Slice - 1 Milk-8 oz.	23 W/G Turkey & Beef Pepperoni Pizza Pocket -1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
26 All Beef Hot Dog on Wheat Hot Dog Bun-1 French Fries-3/4c Raspberry Lemonade Craisins-1/2c Milk-8 oz.	27 W/G Cheese Lasagna w/ Sauce -1 Mixed Vegetables -3/4c Fresh Apple -1 Whole Grain Bread -1 Milk-8 oz.	28 W/G Chicken Fries -8 Vegetarian Beans -3/4c Fresh Pear -1 Whole Grain Bread -1 Milk -8oz	29 Beef Meatloaf w/ Ketchup-1 Sliced Carrots -3/4c Fresh Banana -1 Wheat Dinner Roll-1 Milk-8 oz.	30 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.