

October 2017 LUNCH MENU

WEEKLY CHOICES

WK: #1—Chicken Caesar Salad
 WK: #2—Italian Sub
 WK: #3—Chef Salad
 WK: #4—Spicy Chicken
 EVERY DAY: PBJ Box or Yogurt Parfait

Sun

Mon

Tue

Wed

Thu

Fri

Sat



2 WW Pancakes
 Sausage Patties
 Carrot Slims or Carrot Coins
 Fruit of the Day or Choice
 Choice of Milk

3 Grilled Chicken Sandwich
 1/2 Baked Potato
 Broccoli or Garden Salad
 Fruit of the Day or Choice
 Choice of Milk

4 Turkey & Gravy
 WW Dinner Roll
 Mashed Potatoes
 Cucumbers or Celery
 Fruit of the Day / Choice Milk

5 Cheeseburger
 Baked Beans
 Green beans or Peppers
 Fruit of the Day or Choice
 Choice of Milk

6 Turkey Pepperoni Pizza
 WW Garlic Breadstick
 Caesar Salad
 Mixed Melon or Choice
 Choice of Milk

7

9 Waffles w/
 Sausage Links
 Carrot Sticks or Carrot Coins
 Fruit of the Day or Choice
 Choice of Milk

10 Chicken Nuggets
 WW Dinner Roll
 Sweet Potato Fries
 Broccoli or Garden Salad
 Fruit of the Day or Choice
 Choice of Milk

11 Meatloaf
 WW Dinner Roll
 Baked Beans
 Cucumber or Celery
 Fruit of the Day or Choice
 Choice of Milk

12
NO LUNCH TODAY
 1/2 DAY
BREAKFAST ONLY

13 Cheese Pizza
 WW Garlic Cheese Stick
 Ranch Salad
 Mixed Melon or Choice
 Choice of Milk

14

15

16

17

18

19

20

21

FALL BREAK

22

23 WW French Toast Sticks
 Sausage Patties
 Carrot Sticks or Coins
 Fruit of the Day or Choice
 Choice of Milk

24 Chicken Tenders
 WW Dinner Roll
 Mashed Potatoes
 Broccoli or Garden Salad
 Fruit of the Day or Choice
 Choice of Milk

25 Lasagna Rolls
 w/ Marinara Sauce
 WW Garlic Bread
 Cucumbers or Celery
 Fruit of the Day or Choice
 Choice of Milk

26 General Tso's Chicken
 Fortune Cooke or Egg Roll
 Brown Rice/ Asian Vegetables
 Green Beans or Red Peppers
 Fruit of the Day or Choice
 Choice of Milk

27 Turkey Pepperoni Pizza
 WW Garlic Breadstick
 Caesar Salad
 Mixed Melon or Choice
 Choice of Milk

28



30 Breakfast Sandwich
 Tri Tater Wedges
 Carrot Sticks or Coins
 Fruit of the Day or Choice
 Choice of Milk

31 Chicken Filet Sammy
 Broccoli or Garden Salad
 Fruit of the Day
 Choice of Milk
 Spooky Surprise!

1 Soft Tacos on WW Tortilla
 w/ Lettuce & Tomato
 Spanish Rice
 Cucumber or Celery
 Fruit of the Day or Choice
 Choice of Milk

2 Double Dogs
 Uncured Chicken Dogs
 on WW Buns
 Baked Beans
 Greenbeans or Peppers
 Fruit of the day/ Choice Milk

3 Cheese Pizza
 WW Garlic Breadstick
 Ranch Salad
 Mixed Melon or Choice
 Choice of Milk

