

~ October 2010 ~ Lunch Menu						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Breaded Chicken Patty 3.10 Mixed Vegetable 1/3c Milk 6oz	2
3	4 Macaroni & Cheese 5oz Green Beans 1/3c Apple 1 Milk 6oz	5 Breaded Chicken Nuggets 3oz CN Peas and Carrots 1/3c Sliced Peaches 1/3c Milk 6oz	6 Baked Ziti w/turkey Meat 5oz Italian Mixed Vegetable 1/3c Banana 1 Milk 6oz	7 Beef Taco 3oz CN W/Cheese 1oz Corn 1/3c Tortilla 1 Mandarin Orange 1/3c Milk 6oz	8 Cheese pizza w/extra Cheese 5oz Tossed Salad 1/3c Orange 1 Milk 6oz	9
10	11 Spaghetti & Meatball (Beef) 50z Peas 1/3 c Apple 1 Milk 6oz	12 Salisbury Steak w/Gravy 3oz Mahed Potato 1/3c Sliced Peaches 1/3c Milk 6oz	13 Roasted Chicken w/BBQ Sauce 3oz Corn 1/3c slider roll Banana 1 Milk 6oz	14 Rotini & Turkey in sauce 5oz Mixed Vegetable 1/3c Milk 6oz	15 Beef Meatball w/sauce 20z Wheat Hot Dog Bun 1 Baby carrot 1/3c Orange 1 Milk 6oz	16
17	18 Breaded Fish Sticks 3.2oz 3.2oz Mashed Potato 1/3c Milk 6oz	19 Chicken Drum Stick 3oz Peas and Carrots 1/3c wheat bread Sliced Peaches 1/3c Milk 6oz	20 Breaded Chicken Nuggets 3oz CN Mixed Vegetable 1/3c Banana 1 Milk 6oz	21 Spaghetti w/ Meatballs 5oz Peas 1/3c Mandarin Orange 1/3c Milk 6oz	22 Cheese pizza w/extra Cheese 5oz Tossed Salad 1/3c Orange 1 Milk 6oz	23
24	25 Macaroni & Cheese 5oz Green Beans 1/3c Apple 1 Milk 6oz	26 All Beef Hamburger on Bun 3oz Corn 1/3c Sliced Peaches 1/3c Milk 6oz	27 Baked Ziti w/turkey Meat 3oz Mixed Vegetables 1/3 c Banana 1	28 Salisbury Steak w/Gravy 3oz Mashed Botato 1/3c Mandarin Orange 1/3c Milk 6oz	29 Cheese Ravioli w/ sauce Peas 1/3c Dinner Roll Orange Milk 6oz	30
31	Notes:					