






OCTOBER LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | | 1 Chicken & Spaghetti 2oz 1oz Green Beans 1/2c Turnip Greens 1/2c Cornbread 1oz Slice Peaches 1/2c - 1c Choice of milk | 2 Stuffed Crust Pizza 2oz 2oz Broccoli 1/2 c Carrots & dip 1/2c Orange 1/2 c -1c Choice of milk |
| 5 Chicken & Sausage Gumbo w/Rice Steamed Corn WG Crackers Mixed Green Salad 1C Pineapple 1/2c-1c Choice of milk | 6 Hamburger w/Bun Lettuce/Tomato/Pickles 1/2c Tator Tots 1/2c Tropical Fruit 1/2c - 1c Choice of milk | 7 Breaded Chicken Sandwich 2 oz 2 oz Sandwich Salad 1/2c Sweet Potato Fries 1/2c Apple 1/2 c -1c Choice of milk | 8 Pepperoni Pizza 2oz 2oz Corn Carrots & dip 1/2c Banana 1/2 c -1c Choice of milk | 9 Ham & Cheese Sandwich 2 oz 2 oz Sandwich Salad 1/2c Tator Tots 1/2c Pears 1/2c Choice of milk |
| 12  | 13  | 14  | 15  | 16  |
| 19 Pizza Burger 2oz 2oz Corn 1/2 C Carrots Stick 1/2 c Mixed Fruit 1/2 c Choice of Milk | 20 Beef Cheese Nacho 1 ea <small>1 oz grain 2 oz beef 2 oz cheese</small> Refried Beans 1/2 c 1C Apple Wedges 1/2 c-1c Cinnamon roll 1 oz Choice of milk | 21 Hot Dog Baked French Fries 1/2 c -3/4c Broccoli 1/ 2 c - 3/4c Strawberry Cup 1/2 c Choice of milk | 22 Chicken Fritters Macaoni & Cheese 1/2C Green Beans Fruit Cup Choice of Milk | 23 Chcken Crispiatoes w/ Cheese 1 - 1oz Green Salad 1/2 c Refried Beans 1/2 c Choice of Fruit 1/2 c Choice of milk |
| 26 Beef-A-Roni 3/4c Green Salad 1/2c WG crackers 1oz Mixed Vegetables 1/2 c Fruit Cup 1/2 - 1 c Choice of milk | 27 Beef Taco w/hard Shell 2oz 2oz Green Salad 1/2c Refried Beans 1/2c Cinnamon Roll 1oz Fruit Cup 1/2c 1c Choice of milk | 28 Mighty Burger CheeseBurgerw/ Bun Lettuce/Tomato/Pickles 1/2 c Baked French Fries 1/2c Pear 1/2c -1c Choice of milk | 29 Chicken & Spaghetti 2 oz 1oz Green Beans 1/2c Turnip Greens 1/2c Cornbread 1oz Slice Peaches 1/2c - 1c Choice of milk | 30 Stuffed Crust Pizza 2oz 2oz Broccoli with cheese 1/2c Carrots & dip 1/2c Orange 1/2 c -1c Choice of milk |

This institution is an equal opportunity employer