


October Lunch Menu *Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Average
<p>2 WG Cheese Quesadilla Black Bean Salsa Fresh Broccoli Chilled Fruit Cocktail</p>	<p>3 Cheese Pizza Romaine Salad w/ Cherry Tomatoes Chilled Peaches</p>	<p>4 Topsy Turvy Pancakes & Syrup Yogurt Apple Slices Carrot & Celery Sticks</p>	<p>5 Choice A Chicken and Gravy Mashed Potatoes Fresh Pear Celery Sticks Giant Goldfish Cracker Happy Birthday Cupcake</p> <p>Choice B Southwest Veggie Bowl Fresh Pear Celery Sticks Giant Goldfish Graham Cracker Happy Birthday Cupcake</p>	<p>6 Munchable Lunch String Cheese Yogurt Dinner Roll Grapes Carrot Coins Zucchini</p> <p>No Vegetarian Menu</p>	<p><u>Calories</u> 623.47</p> <p><u>Saturated Fat</u> 7.00%</p> <p><u>Sodium</u> 855.12 mg</p>
<p>9 Choice A Hot Dog on MG Bun Corn Celery Sticks Peaches</p> <p>Choice B Grilled Cheese Tator Tots Celery Sticks Peaches</p> <p>Frank/Wilson Enrichment Week</p>	<p>10 Choice A Cheeseburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p>Choice B Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>11 Choice A Chicken Nuggets WG Pretzel Stick Chilled Fruit Cocktail Romaine Salad w/ Tomatoes</p> <p>Choice B Cheese & Crackers Chilled Fruit Cocktail Romaine Salad w/ Tomatoes</p>	<p>12 Choice A Soft Shell Taco Beef & Shredded Cheese Black Bean Salsa Apple Slices Giant Goldfish Graham Crackers</p> <p>Choice B Bean & Cheese Burrito Black Bean Salsa Carrot Coins Apple Slices Giant Goldfish Graham Crackers</p>	<p>13 *Ham & Cheese Sandwich Carrots Cucumbers Chilled Fruit</p> <p>No Vegetarian Menu</p>	<p><u>Calories</u> 605.39</p> <p><u>Saturated Fat</u> 9.00%</p> <p><u>Sodium</u> 1051.17mg</p>
<p>16 Choice A Mini Corn Dogs Baked Beans Fresh Broccoli Pineapple Tidbits</p> <p>Choice B Pizza Dippers w/ Marinara Pineapple Tidbits Fresh Broccoli ++Hummus</p> <p>Frank/Wilson Enrichment Week</p>	<p>17 Topsy Turvy French Toast Sticks Tator Tots Syrup Orange Wedges Cucumber Slices</p>	<p>18 Choice A Hamburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p>Choice B Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>19 WG Cheese Quesadilla Salsa Carrot Sticks Chilled Fruit</p>	<p>20 Turkey & Cheese Sandwich Zucchini Coins Cherry Tomatoes Chilled Fruit</p> <p>No Vegetarian Menu</p>	<p><u>Calories</u> 586.48</p> <p><u>Saturated Fat</u> 8.00%</p> <p><u>Sodium</u> 966.95mg</p>
<p>23 Cheese Pizza Celery Sticks Pineapple Tidbits</p>	<p>24 Macaroni and Cheese Fresh Broccoli Carrot Coins Chilled Fruit</p>	<p>25 Topsy Turvy Yogurt Pancakes with Syrup Apple Slices Carrot Sticks Celery Sticks</p>	<p>26 Early Release</p>	<p>27 Frank/Wilson Eat</p>	
<p>30 Choice A Hot Dog on MG Bun Tator Tots Celery Sticks Chilled Fruit</p> <p>Choice B Grilled Cheese Tator Tots Celery Sticks Chilled Fruit</p>	<p>31 Cheese Pizza Carrot Sticks Cucumbers Chilled Peaches</p>			<p>Skim White, Skim Chocolate, and 1% White Milk available daily.</p> <p>A variety of low-fat or fat-free condiments (ranch, French, mustard, ketchup, BBQ, honey mustard) are available daily.</p> <p>All breads, tortillas, pancakes, pastas etc. are whole grain rich.</p> <p>*Contains Pork ++Contains Sesame</p>	