

October 2017 Lunch



Mon	Tue	Wed	Thu	Fri
<p>2 Tangy Mandarin Chicken Yellow Rice OR Soybutter and Jelly Sandwich Seasoned Carrots Steamed Broccoli Florets Fresh Apple Quarters</p>	<p>3 Uncured Turkey Hot Dog with Ketchup and Mustard Crispy Fries BBQ Baked Beans Chilled Peaches OR SuperSak –Yogurt/Granola</p>	<p>4 Chicken Alfredo Pasta Whole Grain Garlic Breadstick OR Turkey and Cheese Sandwich On Whole Grain Bun Lettuce/Tomato Cup Italian Salad Seasoned Vegetable Medley, Chilled Mixed Fruit</p>	<p>5 Southern Baked Fish Whole Grain Dinner Roll Potato Salad Fresh Cucumber Sticks/Ranch Dip Chilled Pears OR SuperSak—Italian Combo Wrap</p>	<p>6 Chicken and Sausage Gumbo With Steamed Brown Rice 1/2 Grilled Cheese Sandwich OR Whole Grilled Cheese Sandwich Tossed Green Salad/Ranch Dressing Fresh Strawberries</p>
<p>9 Baked Chicken Nuggets Whole Grain Dinner Roll OR Soybutter and Jelly Sandwich Red Beans Baby Carrots/Ranch Dip Fresh Orange Quarters</p>	<p>10 Hamburger/Cheeseburger on Whole Grain Bun Crispy Fries Lettuce/Pickle Cup Fresh Grapes OR SuperSak—Yogurt/Granola</p>	<p>11 Cheese/Turkey Pepperoni Pizza OR Turkey and Cheese Sandwich On Whole Grain Bun Lettuce/Tomato Cup Tossed Green Salad Seasoned Green Peas Cinnamon Apples</p>	<p>12 Roasted Turkey and Gravy Whole Grain Dinner Roll Seasoned Green Beans Mashed Sweet Potatoes with Marshmallows Tropical Fruit Pearls OR SuperSak—Italian Combo Wrap</p>	<p>8 Brunch for Lunch Scrambled Eggs Buttery Grits OR Grilled Cheese Sandwich Roasted Potatoes Strawberry Romaine Salad/Raspberry Vinaigrette Dressing Chilled Pineapple</p>
<p>16 Teriyaki Beef Nuggets Macaroni and Cheese OR Soybutter and Jelly Sandwich Steamed Broccoli Florets Cucumber Sticks/Ranch Dip Fresh Apple Quarters</p>	<p>17 Baked Chicken Corn Dog Crispy Fries BBQ Baked Beans Chilled Peaches OR SuperSak—Yogurt/Granola</p>	<p>18 Spaghetti and Meatballs Whole Grain Garlic Breadstick OR Turkey and Cheese Sandwich On Whole Grain Bun Lettuce/Tomato Cup Italian Salad Chilled Mixed Fruit</p>	<p>19 Roasted BBQ Chicken Whole Grain Dinner Roll Loaded Mashed Potatoes Seasoned Corn Cinnamon Apples OR SuperSak—Italian Combo Wrap</p>	<p>15 Seasoned Red Beans and Rice Whole Grain Dinner Roll OR Whole Grilled Cheese Baby Carrots/Ranch Dip Seasoned Turnip Greens Watermelon Wedge</p>
<p>23 Turkey Taco OR Soybutter and Jelly Sandwich Fiesta Black Beans Southwest Salad Fresh Orange Quarters</p>	<p>24 Breaded Chicken Sandwich on Whole Grain Bun Crispy Fries Carrot and Raisin Salad Chilled Pineapple OR SuperSak—Yogurt/Granola</p>	<p>25 Cheese/Turkey Pepperoni Pizza OR Turkey and Cheese Sandwich On Whole Grain Bun Lettuce/Tomato Cup Tossed Green Salad/Ranch Dressing Seasoned Green Peas Chilled Peaches</p>	<p>26 Roast Beef and Gravy Steamed Brown Rice Roasted Potatoes Seasoned Carrots Tropical Fruit Pearls OR SuperSak– Italian Combo Wrap</p>	<p>22 Manager's Choice</p>
<p>30 Tangy Mandarin Chicken Yellow Rice OR Soybutter and Jelly Sandwich Seasoned Carrots Steamed Broccoli Florets</p>	<p>31 Uncured Turkey Hot Dog with Ketchup and Mustard Crispy Fries BBQ Baked Beans Chilled Peaches OR SuperSak –Yogurt/Granola</p>			