

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
October 2017				
Milk is served with all meals				
2 Whole wheat Mac&cheese -4 oz. Tomato/cukes- 2 oz. Fruit -2 oz.	3 Hamburger w/roll Cheese (1)wheat Pasta salad - 2 oz Fruit - 2 oz.	4 Chicken taco - 2 oz. Lettuce, Cheese/ corn- 2 oz Wheat tortilla -1 Fruit 2 oz.	5 Wheat American chop suey 4 oz. Tossed salad - 2 oz. Fruit - 2 oz.	6 Wheat Sliced pizza (1) Cubed cheese 2 oz. Carrot & broccoli 2oz Fruit-2 oz
9 closed	10 Chicken tenders 2 oz Sweet potato 2oz Whole wheat bread Fruit 2 oz	11 Chicken parm 2 oz. Raw veggie salad 2oz Whole wheat bread Fruit 2 oz	12 Sliced turkey 2 oz Sweet potato 2 oz Whole wheat bread Fruit 2 oz	13 Fish nuggets 2 oz. Brown rice pilaf 2 oz. Green bean salad 2oz Fresh fruit
16 Meatball sandwich (2) Sliced peppers 2 oz Wheat Roll - (1) Fruit- 2 oz	17 Chili w/beans - 2 oz. Broccoli - 2 oz. Corn bread -1 Fruit - 2 oz.	18 Whole grain French toast stix 2 oz Turkey sausage (1) Home fries 2 oz. Fresh fruit 2 oz.	19 Chicken nuggets 2 oz Wheat roll - (1) Raw veggie salad 2oz Fruit 2 oz.	20 Whole grain Kids lasagna 4 oz. Tossed salad 2 oz. Fruit - 2 oz.
23 Sloppy joe 2 oz. Wheat roll Green beans 2 oz. Fruit 2 oz.	24 Pasta fagioli 4 oz. Whole grain Cucumber slices 2 oz Fresh fruit 2 oz	25 Chicken patty (1) Mixed vegetables 2oz Sliced wheat bread Fruit 2 oz.	26 Turkey sandwich w/ wheat bread Couscous salad 2.oz Fruit 2 oz.	27 Wheat Sliced pizza (1) Cubed cheese 2 oz. Carrot & broccoli 2oz Fruit-2 oz
30 Swedish meatball 2 Brown rice pilaf 2 oz Baby carrots 2 oz. Fresh fruit 2 oz.	31 Sweet & sour Chicken - 2 oz. Corn bread - 2 oz. Green beans - 2 oz. Fruit - 2 oz.			