



## Lunch – October 2018

<p>10/1 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>10/2 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>10/3 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>10/4 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>10/5 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>10/8 ***** CLOSED FOR STAFF TRAINING *****</p>	<p>10/9 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>10/10 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit</p>	<p>10/11 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>10/12 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>10/15 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>10/16 *Broccoli Quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>10/17 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>10/18 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>10/19 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>10/22 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>10/23 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>10/24 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>10/25 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>10/26 *Lasagna Tossed salad Fresh fruit</p>
<p>10/29 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>10/30 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>10/31 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>		

\*Vegetarian meal

+Whole grain



## Lunch – November 2018

			11/1 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	11/2 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
11/5 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	11/6 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	11/7 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	11/8 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	11/9 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
11/12 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	11/13 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit	11/14 Chicken patty Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	11/15 +*Whole grain pizza Garden salad Fresh fruit	11/16 THANKSGIVING DINNER Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
11/19 Chicken Alfredo with tri-color pasta Salad Fresh fruit	11/20 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	11/21 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit	11/22 ***** CLOSED FOR THANKSGIVING HOLIDAY *****	11/23 ***** CLOSED FOR THANKSGIVING HOLIDAY *****
11/26 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	11/27 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	11/28 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit	11/29 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	11/30 *Lasagna Tossed salad Fresh fruit

\*Vegetarian meal

+Whole grain