



SCHOOL MEAL PROGRAM

Hot Lunch Menu OCTOBER, 2016

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
3 PROFESSIONAL DAY	4 Teriyaki Tofu & Vegetables with Rice Canned Peaches Milk	5 Mango Salsa Chicken with Roasted Potato Fresh Fruit Milk	6 Beef Lasagna Tossed Salad Milk	7 Pulled Pork on Whole Wheat Bun Carrots & Dip Milk
10 THANKSGIVING DAY	11 Potato & Leek Frittata $\frac{1}{2}$ whole wheat bagel Golden Delicious Apple Milk	12 Beef Stew with Potato & Veggies Multigrain Roll Fruit Yogurt Milk	13 Fish Fillet on Rice with Quinoa Caesar Salad Milk	14 Cheese Pizza on Multigrain Crust Fresh Fruit Milk
17 Turkey Meatballs & Whole Wheat Spaghetti Fresh Fruit Milk	18 Souvlaki Chicken with Rice Cucumbers & Dip Milk	19 Beef Burrito Tossed Salad Milk	20 Teriyaki Pork on Wild Rice Blend Fresh Fruit Milk	21 PROFESSIONAL DAY
24 Meat Sauce with Whole Wheat Penne Fresh Pear Milk	25 Butter Chicken with Brown Rice Blend Fresh Fruit Milk	26 Hot Dog (beef/chicken) on Whole Wheat Bun Spinach Salad Milk	27 Chicken Fajita Canned Pears Milk	28 Cheese Pizza on Multigrain Crust Fresh Fruit Milk