



## SCHOOL MEAL PROGRAM

Hot Lunch Menu OCTOBER, 2016

*Thank you for supporting the School Meal Program*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Cheese Ravioli in Tomato Sauce  Fresh Fruit Milk	<b>4</b> Teriyaki Tofu & Vegetables with Rice  Canned Peaches Milk	<b>5</b> Mango Salsa Chicken with Roasted Potato  Fresh Fruit Milk	<b>6</b> Beef Lasagna  Tossed Salad Milk	<b>7</b> Pulled Pork on Whole Wheat Bun  Carrots & Dip Milk
<b>10</b>  <b>THANKSGIVING DAY</b>	<b>11</b> Potato & Leek Frittata ½ whole wheat bagel Golden Delicious Apple Milk	<b>12</b> Beef Stew with Potato & Veggies Multigrain Roll  Fruit Yogurt Milk	<b>13</b> Fish Fillet on Rice with Quinoa  Caesar Salad Milk	<b>14</b> Cheese Pizza on Multigrain Crust  Fresh Fruit Milk
<b>17</b> Turkey Meatballs & Whole Wheat Spaghetti  Fresh Fruit Milk	<b>18</b> Souvlaki Chicken with Rice  Cucumbers & Dip Milk	<b>19</b> Beef Burrito  Tossed Salad Milk	<b>20</b> Teriyaki Pork on Wild Rice Blend  Fresh Fruit Milk	<b>21</b>  <b>PROFESSIONAL DAY</b>
<b>24</b> Meat Sauce with Whole Wheat Penne  Fresh Pear Milk	<b>25</b> Butter Chicken with Brown Rice Blend  Fresh Fruit Milk	<b>26</b> Beef Hamburger on Whole Wheat Bun  Spinach Salad Milk	<b>27</b> Chicken Fajita  Canned Pears Milk	<b>28</b> Cheese Pizza on Multigrain Crust  Fresh Fruit Milk

Due back by Noon  
on September 26<sup>th</sup>