



October 2009



Mon	Tue	Wed	Thu	Fri
  				
National School Lunch Week				
October 12th - 16th				
			1	2
			Bagel w/Cream Cheese Oatmeal, Fruit, Juice	Pancakes & Sausage Fresh Fruit, Juice
			Ham & Cheese Hoagie or Grilled Chicken on Wheat Bun Raw Carrots & Celery w/Ranch Steamed Broccoli, Apple Wedges Sun Chips	Chicken Nuggets or Meatloaf Turnip Greens, Black-eyed Peas Mashed Potatoes, Wheat Roll Orange Wedges
5	6	7	8	9
Breakfast Pizza Fresh Fruit, Juice	Chicken Biscuit Fresh Fruit, Juice	Scrambled Eggs Bacon, Toast, Fruit, Juice	Muffin, Oatmeal Fresh Fruit, Juice	French Toast Sticks Sausage, Fruit, Juice
Breaded Chicken on Wheat Bun Or Turkey & Cheese Wrap French Fries, Carrot Raisin Salad Fruit Cocktail	Spaghetti or Steak Nuggets Mixed Green Salad Mandarin Oranges & Pineapple Green Beans, Wheat Roll	Oven Fried Chicken or Egg Roll Brown Rice, Carrot Coins Green Peas, Banana Wheat Roll	Corndog or Chicken Salad To Go Plate California Steamed Veggies Corn on the Cob, Pears, Doritos	Pizza or Beefaroni Mixed Green Salad Steamed Squash, Grapes Sugar Cookie
12	13	14	15	16
Ham & Cheese Croissant Fresh Fruit, Juice	Scrambled Eggs, Toast Grits, Bacon, Fruit, Juice	Sausage Biscuit Fresh fruit, Juice	Waffle Sticks, Sausage Fresh Fruit, Juice	Cheese Toast, Grits Fresh Fruit, Juice
Sloppy Joe on Wheat Bun or Fish on Wheat Bun Baked Beans, Baked Potato Canned Peaches, Sun Chips	Vegetable Quesadilla or Taco Salad Brown Rice, Mexicali Corn Refried Beans, Fruit, Brownie	Grilled Chicken on Wheat Bun w/Sandwich Trimmings or Chili Tator Tots, Apple Wedges Raw Carrots & Celery w/Ranch Doritos	Meatloaf or Sliced Ham Mashed Potatoes, Cornbread Collard Greens, Orange Wedges Applesauce Cake	Chicken Parmesan or Pizza Sweet Potatoes Green Beans, Banana Wheat Roll
19	20	21	22	23
Ham Biscuit Fresh Fruit, Juice	Cinnamon Toast, Yogurt Oatmeal, Fresh Fruit, Juice	Scrambled Eggs, Bacon Toast, Fresh Fruit, Juice	Breakfast Burrito Fresh Fruit, Juice	Jelly Biscuit Fresh Fruit, Juice
Hot Dog on Wheat Bun w/Trimmings or Beef Hoagie WK Corn, Steamed Broccoli Mandarin Oranges, Sun Chips	Beef Stew or BBQ Brown Rice, Black-eyed Peas Mixed Green Salad Peaches, Cornbread	Chicken Tetrizzini or Grilled Cheese w/Baked Chips California Steamed Veggies Green Peas, Banana, Wheat Roll	Beef Nachos w/ Trimmings Or Pizza Mexican Brown Rice Chili Beans, Pineapple	Chicken Fingers or Hamburger on Wheat Bun Potato Wedges, Parmesan Salad Apple, Wheat Roll, Cookie
26	27	28	29	30
Scrambled Eggs, Bacon Jelly Toast, Fruit, Juice	Cinnamon Raisin Biscuit Oatmeal, Fruit, Juice	Sausage Biscuit Fresh Fruit, Juice	Bagel w/Cream Cheese Oatmeal, Fruit, Juice	Pancakes & Sausage Fresh Fruit, Juice
Hamburger on Wheat Bun & Trimmings or BBQ w/Roll Coleslaw, Baked Beans Pears, Doritos	Chicken Fajita or Salisbury Steak Brown Rice, Chili Beans Mixed Green Salad, Pineapple	Lasagna with French Bread or Hot Dog on Wheat Bun Italian Mixed Veggies WK Corn, Peaches	Ham & Cheese Hoagie or Grilled Chicken on Wheat Bun Raw Carrots & Celery w/Ranch Steamed Broccoli, Apple Wedges Sun Chips	Chicken Nuggets or Meatloaf Turnip Greens, Black-eyed Peas Mashed Potatoes, Wheat Roll Orange Wedges