

# OCTOBER LUNCH MENU

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Salsa Chicken Fiesta Vegetables Cucumber Slices	3 Pizza Bread Vegetables Carrot Sticks	4 Chicken Nuggets Rice Peas Carrot Sticks	5 Taco Salad Tortilla Chips Green Beans	6 Tuna Sandwich Tomato Wedges Green Beans Carrot Sticks	7
8	9 Chili Vegetables Cucumber Slices	10 Grilled Cheese Tomato Soup Green Beans Celery Sticks	11 Chicken Mashed Potatoes Vegetables Cucumber Slices	12 Turkey & Rice Cauliflower Tomato Wedges	13 Fish Sticks Rice Peas Carrot Sticks	14
15	16 Macaroni & Cheese Broccoli Carrot Sticks	17 Lasagna Cauliflower Carrot Sticks	18 Chicken & Rice Green Beans Carrot Sticks	19 Meatloaf/ Meatballs Potatoes Broccoli Tomato Wedges	20 Tuna Casserole Broccoli Carrot Sticks	21
22	23 Vegetable Quiche/ Scrambled Eggs, Potatoes, Celery Sticks	24 Spaghetti Broccoli Carrot Sticks	25 Baked Chicken Potatoes Broccoli	26 Sloppy Joe Oven Fried Potatoes Green Beans Cucumber Slices	27 Fish Sticks Rice Peas Carrot Sticks	28
29	30 Salsa Chicken Fiesta Vegetables Cucumber Slices	31 Pizza Bread Vegetables Carrot Sticks				30