

Hot Lunch - October 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<u>Macaroni & Cheese</u> 3 Way Veggie Blend Tropical Fruit Italian Bread	<u>Meatballs Au Jus</u> Steamed Rice Peas Fresh Apple Rye Bread	<u>Chicken Parmesan</u> Winter Blend Veggies Fresh Orange Wheat Dinner Roll
6	7	8	9	10
<u>Chicken Nuggets</u> Steamed Rice Black Beans Fresh Orange	<u>Salisbury Steak</u> Mashed Potatoes QC Veggie Blend Banana Wheat Dinner Roll	<u>Chicken Chili</u> Rotini Pasta Cucumber Salad Pineapple Chunks	<u>WCA Senior Fundraising Day</u> Hotdog & chips & snack	No School
13	14	15	16	17
No School	<u>Chicken Nuggets</u> Mashed Potatoes Corn Applesauce	<u>Jr. Bean Burrito</u> Lettuce, Cheese Steamed Rice Peas Sliced Pears	<u>Turkey Hot Dog</u> Macaroni Pasta Raw Broccoli & Dip Pineapple Chunks	<u>Sloppy Joe</u> Mashed Potatoes Corn Fresh Apple
20	21	22	23	24
<u>Swedish Meatballs</u> Penne Pasta Peas and Carrots Applesauce Wheat Dinner Roll	<u>Turkey Tortilla Wrap</u> American Cheese Lettuce Green Beans Tropical Fruit	<u>Chicken Caccatori</u> Rotini Pasta Peas Banana Rye Bread	<u>WCA Senior Fundraising Day</u> Hotdog & chips & snack	$\frac{1}{2}$ day No lunch served
27	28	29	30	31
<u>Penne Pasta & Meat Sauce</u> Baby Carrots & dip Cinnamon Applesauce Wheat Bread	<u>Vegetable Noodle Soup & Half Turkey Ham Sandwich</u> Green Beans Banana Rye Bread	<u>Macaroni & Cheese</u> 3 Way Veggie Blend Tropical Fruit Italian Bread	<u>Sweet Curry Chicken</u> Steamed Rice Peas Fresh Apple Rye Bread	<u>Spaghetti & Meatballs</u> Winter Blend Veggies Fresh Orange Wheat Dinner Roll

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note: fresh fruit and veggies are subject to occasional change based on availability