



October



Mon	Tue	Wed	Thu	Fri
<p>1. Main Entrée: Cheese or Hawaiian Style Pizza Sides: Broccoli and fresh fruit</p>	<p>2. Main Entrée: Turkey Sandwich, Sides: Canned peaches and jicama sticks</p>	<p>3. Main Entrée: Cheese Burger Sides: Potato smiles & banana</p>	<p>4. Main Entrée: Chicken Burger Sides: Crunchy baby carrots & apple slices</p>	<p>5. Main Entrée: Fish Sandwich Sides: Cucumbers and mixed fruit</p>
<p>8. Main Entrée: Corn Dog Sides: Baked beans and apple slices</p>	<p>9. Main Entrée: Meat, Bean & Cheese Nachos Sides: Canned peaches</p>	<p>10. Main Entrée: Sweet and Sour Meatballs over Asian "fried" rice Sides: Banana</p>	<p>11. Main Entrée: Chicken Burger Sides: Carrots and orange smiles</p>	<p>12. No School - Inservice Day</p>
<p>15. Main Entrée: Cheesy Meatball Sub Sides: Cucumbers and fresh fruit</p>	<p>16. Main Entrée: Ham Sandwich Sides: Baby carrots and applesauce</p>	<p>17. Main Entrée: Cheese Burger Sides: Fries and banana</p>	<p>18. Main Entrée: Turkey, gravy, mashed potatoes and roll Sides: Green beans and fresh fruit</p>	<p>19. Main Entrée: Cheese or Pepperoni Style Pizza Sides: Broccoli and fresh fruit</p>
<p>22. Main Entrée: Chicken Drumstick with bread stick Sides: Potato salad and fruit</p>	<p>23. Main Entrée: Meat, Bean & Cheese Nachos Sides: Apple slices</p>	<p>24. Main Entrée: Cheese Burger Sides: Cherry tomatoes & banana</p>	<p>25. Main Entrée: Meat, bean and cheese burrito Sides: Orange smiles</p>	<p>26. Early Dismissal No lunch</p>
<p>29. Main Entrée: Spaghetti w/meat sauce and garlic toast Sides: Orange smiles</p>	<p>30. Main Entrée: Turkey Sandwich, Sides: Baby carrots and apple- sauce</p>	<p>31. Main Entrée: Popcorn chicken with teriyaki sauce over Asian rice. Sides: Fresh fruit</p>	<p>Lunches include a meat or meat alternative Entrée, choice of 1% white milk or non-fat chocolate milk, a whole Grain bread or a Grain item and unlimited fruits and vegetables. Menu subject to change</p>	<p>We are an Offer Versus Serve program. "Offer vs. Serve" means that you are always offered a full lunch, but if you don't want it all you don't have to take every item that is of- fered. Students must choose from at least 3 food groups and must choose at least a 1/2 of a cup of fruit or vegetables.</p>