

All meals include a choice of half-pint White 1% or Choc. Skim milk

OCTOBER 2017

All Menus Subject to Change without notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 B	CRUMB CAKE, PORK LINKS PEACHES & APPLE JUICE	2 B	PEPPERONI PIZZA STIX, ORANGE WEDGES, & GRAPE JUICE	3 B	FRANKFURTER & RICE, MIXED FRUITS, ORANGE JUICE	4 B	BREAKFAST SMOOTHIE, CINNAMON TOAST, & APPLE WEDGES	5 B	TURKEY HAM & CHEESE ON WG BUN, PINE CHUNKS & CRAISINS
L	FISH WEDGE & RICE BAKED BEANS, RAINBOW SALAD FRUIT SLUSHY	L	CRISPY NACHOS W/ BEEF & CHEESE, HOUSE SALAD ORANGE JUICE	L	CHEESEBURGER, POTATO WEDGE RAINBOW SALAD, SEASONAL FRUIT	L	BREADED CHICKEN TENDERS RICE & PICKLED CABBAGE STEAMED BROCCOLI & CARROTS SEASONAL FRUIT	L	SHOYU CHICKEN W/RICE & ROLL, COLESLAW, BROCCOLI FLORETS, BABY CARROTS PEACHES
2 B	FALL		9 B	BREAK		11 B	BREAK		13 B
L			10 B			12 B			13 B
3 B	MAPLE PANCAKE WRAP SLICED PEACHES & CRAISINS	16 B	APPLESAUCE MUFFIN PINEAPPLE CHUNKS & GRAPE JUICE	17 B	BREAKFAST CHICKEN PATTY RICE, MIXED FRUIT ORANGE JUICE	18 B	CINNAMON ROLL PINEAPPLE CHUNKS & ORANGE WEDGES	19 B	PORTUGUESE SAUSAGE & RICE SEASONAL FRUIT APPLE JUICE
L	CREOLE MACARONI, WG FRENCH BREAD, HOUSE SALAD FRUIT SLUSHY	L	BREADED CHICKEN NUGGETS RICE, PAN ROASTED VEGGIES BABY CARROTS SLICED PEACHES	L	BEEF HOT DOG, WG BUN, TATER TOTS, HOUSE SALAD APPLE WEDGES & SHORTBREAD COOKIE	L	BEEF STEW, RICE, HOUSE SALAD, MIXED FRUIT	L	CHICKEN STRIPS W/PASTA STEAMED VEGGIES WHIPPED POTATO, BABY CARROTS ORANGE WEDGE'S & WG ROLL
1 B	CINNAMON TOAST, HAM LINKS, PINE CHUNKS CRAISINS	23 B	APPLE PASTRY ORANGE WEDGES ORANGE JUICE	24 B	MINI PANCAKES SEASONAL FRUIT & APPLE WEDGES	25 B	BREAKFAST SLIDERS PEACHES GRAPE JUICE	26 B	FRIED RICE & EGGS MIXED FRUIT & APPLE JUICE
L	HOT DOG IN BUN, BAKED BEANS RAINBOW SALAD, FRUIT SLUSHY	L	PEPPERONI PIZZA COLESLAW, BROCCOLI FLORETS, BABY CARROTS PEACHES	L	CHILI W/CHEESE & WG ROLL POTATO WEDGE, RAINBOW SALAD, SEASONAL FRUIT	L	PHILLY CHEESE STEAK SANDWICH HOUSE SALAD ORANGE JUICE	L	PORK GISANTIS & RICE STEAMED BROCCOLI & CARROTS SEASONAL FRUIT
2 B	BAGEL, PINEAPPLE CHUNKS ORANGE JUICE	30 B	BREAKFAST SMOOTHIE, CINNAMON TOAST, MIXED FRUIT & CRAISINS	31 B	BREAKFAST QUESIDILLA, SEASONAL FRUIT & GRAPE JUICE	26 B	BAKED HAM & BISCUIT PEACHES & APPLE JUICE	27 B	GREEK YOGURT, WG CINNAMON TOAST, PAPAAYA/PINEAPPLE FRUIT MIX & ORANGE JUICE
L	TERI CHEESE BURGER HOUSE SALAD, BABY CARROTS, BAKED BEANS, GRAPE JUICE	L	BEEF & BEAN BURRITO CURLY FRIES, LETTUCE LEAF TOMATO SLICE, SEASONAL FRUIT	L	VEGETERIAN LASAGNA PAN ROASTED VEGGIES, APPLE WEDGE, FRUIT MUFFIN	L	TURKEY PASTRAMI SANDWICH HOUSE SALAD, BABY CARROTS FRUIT COCKTAIL	L	KALUA PORK W/SPINACH RICE, LOMI TOMATO PINEAPPLE CHUNKS

ALL STEAMED RICE IS 100% BROWN RICE
WG= WHOLE GRAIN

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"