

# October Lunch Menu – 2019

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| 30 Chili Frito Pie<br>Green Beans<br>Pears<br>Cornbread<br>Milk                   | 1 Twice Baked Potato w/<br>Ham & Cheese<br>California Blend Veggies<br>Pineapple<br>Biscuit / Milk | 2 Chicken Tetrazzini<br>Garden Salad<br>Peaches<br>Roll<br>Milk                  | 3 Beef & Cheese Nachos<br>Lettuce & Tomato<br>Corn<br>Refried Beans<br>Tropical Fruit / Milk                          | 4 Macaroni & Cheese<br>Broccoli<br>Baby Carrots<br>Strawberries<br>Cake / Milk                   |
| 7 Chicken Fried Steak<br>Mashed Potato<br>Green Beans<br>Apricots<br>Roll / Milk  | 8 Lasagna Casserole<br>Broccoli<br>Peaches<br>Garlic Toast<br>Milk                                 | 9 Ham & Beans<br>Mashed Sweet Potato<br>Baked Apples<br>Cornbread<br>Milk        | 10 Chicken Fajita<br>Lettuce & Tomato<br>Corn<br>Tortilla Chips<br>Tropical Fruit / Milk                              | 11 Potato Soup<br>Grilled Cheese Sandwich<br>Garden Salad<br>Applesauce<br>Milk                  |
| 14 Hot Dog<br>Tater Tots<br>Baked Beans<br>Mixed Fruit<br>Frito's / Milk          | 15 Oven Roasted Chicken<br>Mashed Potato<br>Green Beans<br>Apricots<br>Milk                        | 16 Chicken Alfredo<br>Broccoli<br>Baby Carrots<br>Peaches<br>Garlic Toast / Milk | 17<br><br>NO SCHOOL   | 18<br><br>FALL BREAK   |
| 21 Salisbury Steak<br>Mashed Potato<br>Black-eyed Peas<br>Peaches<br>Roll<br>Milk | 22 Breaded Chicken<br>Sandwich<br>Lettuce & Tomato<br>Baked Beans<br>Tater Tots<br>Apricots / Milk | 23 Spaghetti w/ Meat Sauce<br>Green Beans<br>Pears<br>Garlic Toast<br>Milk       | 24 Chicken Stir Fry w/<br>Rice<br>Pork Egg Roll<br>Carrots<br>Pineapple<br>Milk                                       | 25 Bean & Cheese Burrito<br>Lettuce & Tomato<br>Corn<br>Tortilla Chips<br>Tropical Fruit<br>Milk |
| 28 Ham & Cheddar Melt<br>Tater Tots<br>Baked Beans<br>Peaches<br>Milk             | 29 Chicken & Rice<br>Broccoli<br>Baby Carrots<br>Apricots<br>Milk                                  | 30 Beef & Chili Macaroni<br>Corn<br>Pears<br>Cornbread<br>Milk                   | 31 Creatures from the Deep<br>Caterpillar Stew<br>Fingers w/ Blood<br>Eyeballs & Ooze<br>Worms in Dirt<br>Ghost Blood | 1 Tomato Soup<br>Grilled Cheese Sandwich<br>Garden Salad<br>Applesauce<br>Milk                   |

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