Lunch/Supper Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| Image result for october clipart | **1****Fried Chicken – 3 oz.****Mac N Cheese – 3 oz.****Corn – ½ c. (FZ)****Cantaloupe – 4 oz. (FR)****Skim Milk—8 fl. oz.** | **2****Meatball Sub—2 oz.****WG Bun—1 each****Broccoli & Cheese – ½ cup (FZ)****Fresh Pineapple—4 oz. (FR)****Skim Milk—8 fl. oz.** | **3****Beef Soft Tacos—2 oz.****WG Tortilla—2 each****Lettuce/Tomato Salad—1 cup (FR)****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **4****BBQ Chicken—1 thigh****WG Honey Roll—1 each****Green Beans— ½ c (FZ)****Watermelon—4 oz. (FR)****Skim Milk—8 fl. oz.** |
| **7****Pulled BBQ Chicken—2 oz.****Wheat Bun—1 serving****Baked Potato—1 each (FR)****Apple—1 each (FR)****Skim Milk—8 fl. oz.** | **8****Chicken Soft Tacos—2 oz.****WG Tortilla—1 serving****Lettuce/Tomato Salad—1 cup (FR)****Pineapple—4 oz. (FR)****Skim Milk—8 fl. oz.** | **9****Grilled Chicken Salad -** **chicken 2 oz., salad 1 cup (FR)****WG Roll—1 each****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **10****Buffalo Chicken Enchilada Dip—1/2 cup****WG Tortilla Chips—1 oz****Corn Salad—1/2 cup (FZ)****Sliced Cantaloupe—4 oz. (FR)****Skim Milk—8 fl. oz.** | **11****Beef Tacos – 2 oz.** **WG Shells – 2 each****Tomato/Lettuce- ½ cup (FR)****Watermelon – 4 oz. (FR)****Skim Milk – 8 fl. Oz.** |
| **14****Buffalo Chicken Sandwich – 2 oz.****WG Wheat Bun – 1 each****Baked Potato – 1 each (FR)****Cantaloupe– 4 oz. (FR)****Skim Milk—8 fl. oz.** | **15****WG Spaghetti – ½ cup****Beef Meat Sauce – ½ cup****Broccoli & Cheese – ½ cup (FZ)****Pineapple – 4 oz. (FR)****Skim Milk – 8 fl. Oz** | **16****Lemon Pepper Chicken - 1 thigh****WG Brown Rice - ½ cup** **Tomato Cucumber Salad – ½ Cup (FR)****Banana - 1 Each (FR)****Skim Milk – 8 fl. Oz.** | **17****Chicken Queso—4 oz.** **WG Tortilla Chips—1 oz.** **Corn—1/2 cup (FZ)** **Watermelon—4 oz. (FR)** **Skim Milk—8 fl. oz.** | **18****Cheeseburger—2 oz.** **WG Bun—1 each** **Roasted Potatoes—1/2 cup (FR)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** |
| **21****Beef Nacho’s – 3 oz.****Tortilla Chips – 1 oz.****Lettuce/Tomato Salad – 1 cup (FR)****Orange – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **22****Fried Chicken – 3 oz.****Mac N Cheese – 3 oz.****Corn – ½ c. (FZ)****Cantaloupe – 4 oz. (FR)****Skim Milk—8 fl. oz.** | **23****Meatball Sub—2 oz.****WG Bun—1 each****Broccoli & Cheese – ½ cup (FZ)****Fresh Pineapple—4 oz. (FR)****Skim Milk—8 fl. oz.** | **24****Beef Soft Tacos—2 oz.****WG Tortilla—2 each****Lettuce/Tomato Salad—1 cup (FR)****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **25****BBQ Chicken—1 thigh****WG Honey Roll—1 each****Green Beans— ½ c (FZ)****Watermelon—4 oz. (FR)****Skim Milk—8 fl. oz.** |
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| **28****Pulled BBQ Chicken—2 oz.****Wheat Bun—1 serving****Baked Potato—1 each (FR)****Apple—1 each (FR)****Skim Milk—8 fl. oz.** | **29****Chicken Soft Tacos—2 oz.****WG Tortilla—1 serving****Lettuce/Tomato Salad—1 cup (FR)****Pineapple—4 oz. (FR)****Skim Milk—8 fl. oz.** | **30****Grilled Chicken Salad -** **chicken 2 oz., salad 1 cup (FR)****WG Roll—1 each****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **31****Buffalo Chicken Enchilada Dip—1/2 cup****WG Tortilla Chips—1 oz****Corn Salad—1/2 cup (FZ)****Sliced Cantaloupe—4 oz. (FR)****Skim Milk—8 fl. oz.** | Image result for october clipart |

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