

October 2018

<p>1 Pulled BBQ Chicken—2 oz Whole Wheat Bun—1 each Roasted Potatoes—1/2 c. (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>2 Chicken Soft Tacos—2 oz. WG Tortilla—1 serving Lettuce/Tomato Salad—1/2 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>3 Beef & Noodles —4 oz. (WG) WG Bread Sticks—1 Each Corn on the Cob—4 oz. (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>4 Chicken Alfredo—4 oz. (WG) Garlic Bread—1 each Garden Salad—1 cup (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>5 Grilled Chicken—2 oz. WG Honey Roll—1 each Garden Salad—1 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>
<p>8 Meatball Sub—2 oz. Whole Wheat Bun—1 each Baby Carrots w/Ranch— 1/2 cup (FR) Peaches—1/2 cup (FZ) Skim Milk—8 fl. oz.</p>	<p>9 BBQ Chicken—2 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Baked Apples—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>10 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>11 BBQ Beef—3 oz. Whole Wheat Bun—1 each Baked Beans—1/2 cup (CN) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>12 Baked Spaghetti—4 oz. (WG) Garlic Bread—1 each Garden Salad—1 cup (FR) Watermelon—1/2c(FR) Skim Milk—8 fl. oz.</p>
<p>15 Fried Chicken- 3 oz. WG Mac N Cheese—3 oz. Cherry Tomatoes—1/2 c. (FR) Applesauce-1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>16 Chicken Lasagna- 3 oz. WG Breadstick—1 each Mix Veggies—1/2c(FZ) Cantaloupe-1/2 cup (FR) Skim Milk—8 fl. oz</p>	<p>17 Beef Tacos—2 oz. WG Taco Shell—2 each Lettuce/Tomatoes—1/2 c. (FR) Pineapple -1/2 c (FR) Skim Milk—8 fl. oz</p>	<p>18 Cheeseburger Casserole- 4 oz. WG Garlic Bread—1 slice Green Beans—1/2 c (FZ) Watermelon-1/2 c(FR) Skim Milk—8 fl. oz</p>	<p>19 Chicken & Vegetable Stir-fry- 8 oz. WG Fried Rice—1/2 c Grapes—1/2 c. (FR) Skim Milk—8 fl. oz</p>
<p>22 Beef Lasagna-4 oz. WG Breadstick—1 each Garden Salad—1 cup (FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>23 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c.(FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>24 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>25 Cheeseburger—2 oz. WG Bun—1 each Roasted Potatoes—1/2 cup Pineapple Slice—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>26 Salisbury Steak—2 oz. WG Breadstick—1 each Mashed Potatoes—1/2 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>29 Sloppy Joey's—3 oz. Whole Wheat Bun—1 each Corn on the Cob—4 oz. (FZ) Apple—1 each (FR) Skim milk—8 fl. oz.</p>	<p>30 Beef Chili Mac—4 oz. (WG) Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>31 Orange Chicken—1 thigh WG Honey Roll—1 each Carrots w/Ranch—1/2 cup (FR) Mandarin Oranges - 1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>1 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>2 BBQ Smoked Sausage—1 each WG Bun—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>