Lunch/Supper Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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.** |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | **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 | | | | | |