

## Lunch Menus for October, 2011

- Mon. 10/3 Cheeseburgers, Lettuce & Tomato, French Fries, or Nachos w/ Beef, Cheese, Sour Cream, Tomato, Salsa and Celery Sticks, Ranch Dip, Peanut Butter, Glazed Baby Carrots, Sherbet
- Tues. 10/4 Chicken Stir Fry, Rice, Beef & Broccoli or Ravioli, Marinara Sauce, Parmesan Cheese, and Ind. Tossed Salad, Jello, Fresh Fruit
- Wed. 10/5 Tuna Salad Sandwich, Baked Pretzel or Mexican Bar; Beef, Chicken, Re-fried Beans, Lettuce & Tomato, Sour Cream, Salsa, Chips, Tortilla and Corn, Fresh Fruit
- Thur. 10/6 Crispie Chicken Salad w/Ranch Dressing, Italian Bread, or Pizza (Cheese/Pepperoni), Bread Sticks, and Green Beans, Applesauce, Minestrone Soup
- Fri. 10/7 Tacos, w/Meat, Cheese, Lettuce, Tomato, Sauce, or BBQ Beef Brisket Sandwiches, and Fresh Vegetables w/Dip, Corn, Fruit Cocktail
- Mon. 10/10 Vegetable Egg Roll, Sweet & Sour Sauce, Steamed Rice, Chicken Szechwan, or Turkey Bagel Club Sandwich, and Broccoli \ Cauliflower w/Lemon Butter, Pineapple
- Tues. 10/11 Lasagna, Italian Bread, or American Sub Sandwich w/ Bologna, Salami, Ham, Cheese, Lettuce & Tomato, and Peach Cobbler, Carrot and Celery Sticks w/Peanut Butter or Ranch Dip
- Wed. 10/12 French Dip Roast Beef Sandwich, Potato Wedges, or Nachos w/Meat, Beans, Cheese, Salsa, Sour Cream, and Tossed Salad, Jello, Fresh Fruit Cup
- Thur. 10/13 Grilled Ham & Cheese Sandwich, Chicken Noodle Soup, or Pasta Bar: Meat Sauce, Chicken Alfredo, Steamed Broccoli, Spaghetti, Shells, Bow Ties, and Dinner roll, Applesauce, Italian Mixed Vegetables

- Fri. 10/14 Pizza (Cheese/Pepperoni/Combo), Bread Sticks, or Honey Lemon Chicken, Brown Rice, and Green Beans, Peaches
- Mon. 10/17 Philly Chicken Cheese Steak Sandwiches, or Cheeseburger, Lettuce and Tomato, and Potato Wedges, Herbed Broccoli, Applesauce
- Tues. 10/18 Spaghetti (Meat Sauce or Chicken Alfredo), Bread Sticks, or Fish Sandwich, Tarter Sauce and Ind. Tossed Salad, Mixed Vegetables, Fresh Fruit
- Wed. 10/19 Roast Turkey w/ Dressing, Mashed Potatoes, Gravy, or Cinnicy Chili, Sour Cream, Crackers, Cheese and Dinner Rolls, Fresh Veggies w/Dip, Orange ¼'s
- Thur. 10/20 Chicken Stir Fry, Beef & Broccoli, Steamed Rice, or BBQ Brisket Sandwich, and Peas, Ginger Bread, Fruit Cocktail
- Fri. 10/21 Submarine Sandwich w/Turkey, Roast Beef, Bologna, Salami, Cheese, Lettuce & Tomato, Potato Chips, or Crispy Chicken Salad, Bread Sticks, and Corn, Pear ½'s
- Mon. 10/24 Beef/Bean Burrito, Cheese, Salsa, Mexican Rice, or Turkey Bagel Club Sandwich, and Carrot/Celery Sticks w/P.B./Ranch Dip, Fruit Cocktail
- Tues. 10/25 Cheeseburger, Lettuce & Tomato, Fries, or Chicken Fajitas, and Green Beans, Apple Crisp
- Wed. 10/26 Lasagna, Bread Sticks, or Deli Roast Beef Sandwich, Cheese Sauce, Pretzel, and Ind. Tossed Salad, Corn, Fresh Fruit
- Thur. 10/27 Honey BBQ Chicken, Tater Tots, or Potato Bar; Ham, Chicken, Broccoli, Cheese, Carrots, Sour Cream, and Dinner Rolls, Peas, Applesauce
- Fri. 10/28 Hot Ham & Cheese Sandwich, Potato Chips, or Crispy Chicken Salad, Ranch Dressing, and Mixed Vegetables, Pineapple, Orange Sherbet

Mon. 10/31 Chicken Nuggets, Honey BBQ Sauce, Dinner Rolls, or Grilled Hot Dogs, Cole Slaw, Pickle Relish, Diced Onion and French Fries, Broccoli Normandy w/Cheese, Pears

