

October 2018

Mon	Tue	Wed	Thu	Fri
1 Sloppy Joe on a bun Sweet Potatoes Mixed Vegetables Pineapple Chunks Other Fruit Choice Milk Choice	2 Chicken Patty Sandwich Peaches Other Fruit Choice Collard Greens Green Peas WG Choc Chip Ckie Milk Choice	3 Nacho Meat&Bean with Salsa & Cheese Cowboy Corn Salad Apple Slices Other Fruit Choice Tortilla Chips Milk Choice	4 Noodles&Meatballs Buttered Corn Green Beans Pears Other Fruit Choice WG bread and butter Milk Choice	5 Chicken Nuggets Reduced Fat Dressing Stir Fry Veggies Bean & Corn Saute Fruit Salad Other Fruit Choice WG Roll and butter Milk Choice
8 Hamburger on Bun Tomato & Cucumber Dip Baked Beans Baked Apples Other Fruit Choice Milk Choice	9 BBQ Chicken Sandwich Cole Slaw Broccoli Salad Peaches Other Fruit Choice WG Choc Chp Ckie Milk Choice	10 Rotini & Meatsauce Green Beans Apple Slices Other Fruit Choice WG Dinner Roll Butter Pat Milk Choice	11 Taco Salad 2 tbsp. Reduced fat ranch dressing Pears Other Fruit Choice Tortilla Chips Salsa Milk Choice	12 Deli Sub 1 Tbsp. Low fat mayo Glazed Carrots Potato Rounds 2 pkts. Ketchup Peaches Other Fruit and Milk
15 Chicken Patty Sandwich 1 tbsp. Low fat mayo Cole Slaw Cowboy Corn Salad Mandarin Oranges Other Fruit and Milk	16 Honey Mustard Chicken Wrap Three Bean Salad Pineapple Chunks Other Fruit Choice Milk Choice	17 Nacho Meat& Bean with Salsa & Cheese Cowboy Corn Salad Mandarin Oranges Other Fruit Choice WG Cookie Milk Choice	18 Sloppy Joe on Bun California Casserole Buttered Corn Peaches Other Fruit Choice Milk Choice	19 Meatball Sub Tossed Side Salad 2 tbsp. Reduced fat Ranch Dressing Pears Other Fruit Choice
22 Santa Fe Wrap Carrots & Hummus Pineapple Chunks Other Fruit Choice Pretzels Milk Choice	23 Chicken Alfredo Tossed Salad w/Ranch Garlic broccoli Mixed Fruit Other Fruit Choice WG Roll & butter Milk Choice	24 Rotini & Meatsauce Green Beans Pears Other Fruit Choice WG roll Butter pat Milk Choice	25 Taco Salad Ranch Dressing Mandarin Oranges Other Fruit Choice Tortilla Chips w/salsa Milk Choice	26 Chicken Nuggets Reduced fat Dressing Mashed Potatoes Steamed Greens Fruit Salad Other Fruit Choice WG Cookie Milk Choice
29 Hamburger on Bun Tomato & Cucumber Dip Baked Beans Baked Apples Other Fruit Choice Milk Choice	30 BBQ chicken Sandwich Cole Slaw Broccoli Salad Peaches Other Fruit Choice WG Choc Chp Ckie Milk Choice	31 Noodles& meatballs Buttered Corn Green Beans Fruit Salad Other Fruit Choice WG Dinner Roll 1 Butter pat Milk Choice	Milk choice includes a choice of 1 cup serving of low fat (unflavored) OR fat free (unflavored or flavored) milk.	

in accordance with Federal Law and US Dept of Agriculture policy, this institution is Prohibited from discrimination on the basis of race, color, national origin, sex, age, Or disability. To file a complaint of discrimination, write USDA Director, Office Of Adjunction, 1400 Independence Ave. SW, Washington DC 20250-9410 or call Toll free (866) 632 9992 (voice) Individuals who are hearing impaired or have speech Disabilities may contact USDA through the Federal Relay Services at (800) 877 8339 Or (800) 645 6136 (Spanish) USDA is an equal opportunity provider and employer