

October

2009

			1	2
			Baked Ham Stroganoff Corn Bread Popeye Salad Mashed Potatoes Seasonal Fresh Fruit	Pizza Cheeseburger Corn Celery w/ PB Chilled Fruit
5	6	7	8	9
Corn Dog Pizza Sub Steamed Broccoli Baby Carrots w/ Dip Choice of Juice	Beef Nachos w/ Cheese Cup Pierogie Pasta Dippers w/ Cheese Cup Lettuce & Diced Tomato Black Beans Seasonal Fresh Fruit	Chicken Tenders Whole Wheat Roll Tomato Soup w/ Cheese Roll Up Green Beans Mixed Fruit Salad Cookie	Sloppy Joe on Bun Yogurt, Muffin & Cheese Potato Wedges Green Peas Seasonal Fresh Fruit	Pizza Fish Sandwich Corn Tossed Salad Whole Fruit Freezie
12	13	14	15	16
Grilled Chicken Sandwich Hamburger on Bun Broccoli w/ Cheese Breaded Veggie Sticks Choice of Juice	Fish Grilled Chicken Nuggets Macaroni and Cheese Steamed Carrots Cole Slaw Seasonal Fresh Fruit	Chicken Stir Fry OR Sweet and Sour Chicken over Brown Rice Stromboli Fresh Veggies w/ Dip Mixed Fruit Salad Wacky Cake	Pork Sandwich OR Pork and Gravy w/ Roll Turkey & Cheese Sandwich Green Beans Mashed Potatoes Seasonal Fresh Fruit	Pizza Chicken Nuggets Whole Wheat Roll Corn Celery w/ PB Chilled Fruit
19	20	21	22	23
Burrito BBQ Rib Sandwich Beans and Rice Baby Carrots w/ Dip Choice of Juice	Teriyaki Chicken Strips w/ Egg Roll Soup w/ Cheese & Crackers Stir Fry Vegetables "Fried" Rice Seasonal Fresh Fruit	Spaghetti w/ Italian Bread Baked Potato Bar w/ Bread Green Peas Mixed Fruit Salad Gelatin	Breaded Baked Chicken w/ Whole Wheat Roll Ham & Cheese Sand Green Beans Scalloped Potatoes Seasonal Fresh Fruit	NO SCHOOL
26	27	28	29	30
Cheeseburger Meatball Sub Lettuce, Tomato, Pickles Baked Fries Choice of Juice	Mini Corn Dogs Chicken Soft Taco Steamed Broccoli Fresh Veggies w/ Dip Seasonal Fresh Fruit	Shepherd's Pie w/ Whole Wheat Roll Italian Sub Mixed Vegetables Mixed Fruit Salad Cookie	Chicken Patty Sandwich Turkey Tetrazzini w/ Whole Wheat Roll Lettuce, Tomato, Pickles Green Beans Seasonal Fresh Fruit	Pizza Fish Sandwich Corn Celery w/ Peanut Butter Chilled Fruit