

October LUNCH

2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				Milk 1% or Fat Free 1 Fruit-variety Veg-Green Beans Porcupine Balls Dinner Roll or Ham Salad Sand	Milk 1% or Fat Free 2 Fruit-Variety Veg-Carrot Sticks Spaghetti w/ Meat- Sauce, dinner roll Ham Salad Sand	3
4	Milk 1% or Fat Free 5 Fruit-Variety Veg-3 Bean Salad Ravioli & Sauce Cottage cheese or Bologna Sandwich	Milk 1% or Fat Free 6 Fruit-Variety Veg-Broccoli Spanish Rice Dinner Rolls or Bologna Sandwich	Milk 1% or Fat Free 7 Fruit-Variety Veg-Harvard Beets Chicken Nuggets Oven Fries or Bologna Sandwich	Milk 1% or Fat Free 8 Fruit-Variety Veg-Baked Beans Cole Slaw Hot Dog & Bun or Bologna Sandwich	Milk 1% or Fat Free 9 Fruit-Variety Veg-Peas Beef Stroganoff & Noodles or Bologna Sandwich	10
11	12 NO SCHOOL Columbus Day	Milk 1% or Fat Free 13 Fruit-variety Veg- Refried Beans *Taco Toppings* Beef Tacos Brown Rice or Chicken Salad Sandwich	Milk 1% or Fat Free 14 Fruit-variety Veg-Coleslaw BBQ Pork Bun & Cheese or Chicken Salad Sand	Milk 1% or Fat Free 15 Fruit- variety Veg- Romaine Salad Hamburger Stew over Egg Noodles Dinner Roll or Chicken Salad Sandwich	Milk 1% or Fat Free 16 Fruit-variety Veg-Harvard-Beets BBQ Chicken Mashed Sweet Potatoes or Chicken Salad Sandwich	17
18	Milk 1% or Fat Free 9 Fruit-variety Veg-Romaine Salad Vegetable cheese Pizza Egg Salad Sandwich	Milk 1% or Fat Free 20 Fruit-variety Veg-Cowboy Corn Salad Chicken Quesadillas Brown Rice Sour Crm, Salsa or Egg Salad Sandwich	Milk 1% or Fat Free 1 Fruit-variety Veg-3 bean salad Sloppy Joes Bun & Cheese or Egg Salad Sandwich	Milk 1% or Fat Free 22 Fruit-variety Veg-Celery & Ranch Deli Subs(ham & Turkey w/Amer.Cheese,lettuce and Tomatoes Optional)or Egg Salad Sandwich	Milk 1% or Fat Free 23 Fruit-variety Veg-Green Beans Meat Loaf Mashed Potatoes Dinner Roll & Butter or Egg Salad Sandwich	24
25	Milk 1% or Fat Free 26 Fruit-variety Veg-Broccoli Mac N Cheese Dinner Roll & Butter or Tuna Salad Sandwich	Milk 1% or Fat Free 27 Fruit-variety Veg-Black beans Sloppy Nachos Brown Rice or Tuna Salad Sandwich	Milk 1% or Fat Free 28 Fruit-variety Veg-Carrot Sticks/ranch Fish Patty Bun & Cheese Tater Tots or Tuna Salad Sandwich	Milk 1% or Fat Free 29 Fruit-variety Veg-Asian Stir Fry Veg Chicken Teriyaki Brown Rice or Tuna Salad Sandwich	Milk 1% or Fat Free 30 Fruit-variety Shepards Pie (beef, veg, Mashed Potatoes Corn Bread or Tuna Salad Sandwich	31

LUNCH ALTERNATIVE DAILY: 51% Whole Grain Sandwich, Milk, Fruit, Vegetable and Cheese Stick. In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject to change based on availability of food items.