



OCTOBER 2020

Menu

Menu is Subject to Change without notice

<p>Week Oct 5-9</p>	<p>Spaghetti w/ meatballs & marinara sauce or bean & cheese burrito or Chinese chicken salad</p>	<p>Chicken strips w/ tater tots & Goldfish or yogurt fruit parfait & granola w/ Goldfish or chicken Caesar salad</p>	<p>Orange chicken w/ brown rice & broccoli or cheese pizza w/ side salad or veggies & hummus salad w/ pita</p>	<p>Popcorn chicken mashed potato bowl w/ gravy or yogurt fruit parfait & granola w/ Goldfish or chicken Caesar salad</p>	<p>Crispy taco w/ cheese or yogurt fruit parfait & granola w/ Goldfish or chicken Caesar salad</p>
<p>Week Oct 12-16</p>	<p>Steak burger w/ baked waffle fries or yogurt fruit parfait & granola w/ Goldfish or Chinese chicken salad</p>	<p>BBQ pulled pork hoagie w/ baked potato wedges or whole grain bean & cheese burrito or chicken caeser salad</p>	<p>Grilled teriyaki chicken w/ broccoli & brown rice or whole grain bean & cheese burrito or chef salad</p>	<p>Breaded & Baked Chicken Drumsticks & Waffles or turkey & cheese sandwich w/ side salad or Mandarin chicken salad</p>	<p>Cheese pizza w/ side salad or veggies & hummus salad w/ pita</p>
<p>Week Oct 19-23</p>	<p>Ham and cheese sandwich w/ carrots or yogurt fruit parfait & granola w/ Goldfish or Chinese chicken salad</p>	<p>Chicken sandwich w/ WG bun w/ potato wedges or Bean & cheese burrito or chicken Caesar salad</p>	<p>Rotini w/ meat sauce green salad & dinner roll or cheese pizza w/ side salad or veggies & hummus salad w/ pita</p>	<p>Orange chicken w/ brown rice & broccoli or turkey & cheese sandwich w/ side salad or Mandarin chicken salad</p>	<p>Steak burger w/ baked waffle fries or yogurt fruit parfait & granola w/ Goldfish or Chinese chicken salad</p>
<p>Week Oct 26-30</p>	<p>Turkey & Cheese sandwich w/ celery sticks & Goldfish</p>	<p>Chicken strips w/ tater tots & Goldfish crackers or yogurt parfait & granola w/ Goldfish or chicken Caesar salad</p>	<p>Crispy taco w/ cheese or yogurt fruit parfait & granola w/ Goldfish or chicken Caesar salad</p>	<p>Roasted chicken w/ mashed potatoes, butternut squash, dinner roll and gravy or cheese pizza w/ side salad or veggies & hummus salad w/ pita</p>	<p>Cheese pizza with green salad or BBQ pulled pork hoagie w/ baked wedges or whole grain bean & cheese burrito or chicken Caesar salad</p>

Offered with Every Meal: Fruit: fresh, or canned - Milk offered Daily: 1% and nonfat white and nonfat chocolate