



WEEK OF OCTOBER 14 MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MON 10/14/19	100% Fruit Punch Omelet with Colby Cheese Whole Wheat Toast Margarine and Jelly Mandarin Oranges Milk and Water	Tuna Salad on Flatbread with Lettuce Tomato Soup with Goldfish Crackers Baby Carrots Pineapple Rings Milk and Water	Tacos with Lettuce, Salsa and Cheese Tex Mex Vegetables Lemon Pudding Milk and Water	Cheese Twists & Milk
TUE 10/15/19	Cranberry Juice WG Cinnamon Roll Fruit Cocktail Milk and Water	Asian Chicken Salad Whole Wheat Dinner Roll with Margarine Fresh Fruit Milk and Water	Breaded Pollock with Sweet & Sour Sauce Pineapple Rice Pilaf Green Beans Dinner Roll with Margarine Applesauce Milk and Water	Kettle Potato Chips & Milk
WED 10/16/19	Orange Juice WG Pancakes with Syrup Sliced Peaches Milk and Water	Meatballs Queso Bomber on a Roll Broccoli Celery Sticks Pear Halves Milk and Water	Oven Fried Chicken Mashed Potatoes with Gravy Coleslaw Ice Cream Sandwich Milk and Water	Cookies & Milk
THUR 10/17/19	Apple Juice Whole Wheat Toast with Peanut Butter Banana Milk and Water	Meatless Chicken and Bean Tostado with Salsa Corn Applesauce Milk and Water	Turkey Pastrami and Swiss Cheese on Club Roll Broccoli Salad  Mandarin Oranges Milk and Water	Vanilla Wafers & Milk
FRI 10/18/19	100% Fruit Punch WG French Toast Sticks with Syrup Sliced Pears Milk and Water	Chicken Patty on Whole Wheat Roll Mixed Vegetables Broccoli Florets Fruit Salad Milk and Water	Pot Roast with Potatoes and Vegetables Dinner Roll with Margarine Chocolate Pudding Milk and Water	Cheez It Crackers & Milk
SAT 10/19/19	Grape Juice WG Blueberry Muffin with Margarine and Jelly Tasteos Pineapple Tidbits Milk and Water	Bake Your Own Pizza(In Unit) with Pepperoni Tossed Salad with Cherry Tomatoes and Dressing Peach Halves Milk and Water	Grilled Cuban Pork Sandwich on WG White Bread Cauliflower Homemade Cookie Milk and Water	Graham Crackers & Milk
SUN 10/20/19	Orange Juice Whole Grain Bagel with Cream Cheese Applesauce Milk and Water	Baked Chicken Herb Seasoned Potatoes Peas Whole Wheat Dinner Roll with Margarine Watermelon Wedge Milk and Water	Hot Dogs on Whole Wheat Rolls  with Chili Sauce Carrots Fruit Cocktail Milk and Water	Pretzels & Milk

*****ALERT! HOT DOGS ARE A CHOKING HAZARD. SEE DIET MENU FOR SPECIAL HANDLING INSTRUCTIONS.**

****No Pork** 