

October 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tuna Melt w/Cheese & Tomato on Wheat Bun, Beets, Oranges, Milk	2 Ham, Scalloped Potatoes, Spinach, Wheat Roll. Milk
5 Pizza on Wheat Crust, Tossed Salad, Mixed Fruit, Milk	6 Chicken Pot Pie w/Mixed Vegetables, Biscuit Topping, Apple Slices, Milk	7 Grilled Cheese on Wheat Bread, Tomato Soup, Broccoli, Milk	8 Chicken Caesar on Whole Wheat Wrap, Tomato & Lettuce, Pineapple, Milk	9 Baked Chicken over Brown Rice w/Gravy, Peas, Applesauce, Milk
12 Chicken Salad on Wheat Bun, Tomato & Lettuce, Potato Wedges, Milk	13 Mac & Cheese w/Meatballs, Lima Beans, Stewed Tomatoes, Milk	14 BBQ Chicken, Baked Beans, Coleslaw, Cornbread, Milk	15 Cheeseburger on Wheat Roll, Potato Salad, Apple, Milk	16 Chicken Parmesan over Herbed Orzo, Spinach, Mixed Fruit, Milk
19 Apple Cider Chicken, Sweet Potato. Greens, Cornbread, Milk	20 Turkey & Cheese on Wheat Bun, Tomato Soup, Peaches, Milk	21 Chicken Fajita on Whole Wheat Wrap w/Cheese, Peppers, Onions, Tomato & Lettuce, Black Bean Salad, Milk	22 Meatball Sub on Wheat Roll, French Fries, Pears, Milk	23 Chicken Stir Fry over Brown Rice, Mixed Vegetables, Pineapple, Milk
26 Chicken Filet on Wheat Roll, Tomato & Lettuce, Carrot Salad, Milk	27 Ham & Cabbage, Boiled Potatoes, Carrots, Wheat Roll, Milk	28 Honey Mustard Chicken, Oven Browned Potatoes, Green Beans, Wheat Roll, Milk	29 Pork Stew, Potatoes, Carrots, Mixed Fruit, Biscuit, Milk	30 Spooky BOO Burgers, Skeleton Fingers (Crinkle Fries), Mummy Hearts (Beets), Milk

KSI is an equal opportunity provider.