**LUNCH MENU**

**October 2019**

®

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| --- | --- | --- | --- | --- |
|  Monday  | Tuesday | Wednesday | Thursday | Friday |
|  | 1Grilled Chicken, Whole Grain Mac & Cheese, Cauliflower & Plum | 2Spaghetti w/ Tomato Sauce, Mozzarella Sticks, Peas & Banana | 3Pizza w/100% Mozzarella Cheese, Tomato Sauce, Broccoli & Apple | 4Swedish Meatballs, Whole Grain Pasta, Green Beans & Clementine |
| 7Chicken Meatballs w/Tomato Sauce, Whole Grain Spaghetti, Carrots & Peas, & Apple | 8Chicken Noodle Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Corn & Pear | 9Chicken Nuggets, Baked Tater Tots, Cauliflower & Banana | 10Brown Rice Pilaf w/Chicken and Carrots, Cauliflower & Orange | 11Fish Sticks, Whole Grain Pasta, Green Beans/Carrots & Applesauce |
| 14Whole Grain French Toast, Turkey Sausage, Roasted Potatoes & Applesauce | 15Whole Grain Pasta w/ Turkey Meat Sauce/Tomato Sauce, Corn & Plum | 16Swedish Meatballs, Whole Grain Pasta, Green Beans & Peach | 17Chicken Tenders, Whole Grain Cavatelli Pasta w/ Broccoli & Clementine | 18Grilled Chicken, Whole Grain Mac & Cheese, Broccoli & Apple |
| 21Beef Hamburger, Whole Grain Bun, Baked French Fries, Cauliflower & Apple | 22Chicken Noodle Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Corn, & Banana | 23Chicken Nuggets, Brown Rice, Mixed Veggies & Peach | 24Chicken Meatballs w/ Tomato Sauce, Whole Grain Spaghetti, Peas & Peach | 25Baked Ziti w/ Mozzarella & Ricotta Cheese, Tomato Sauce, Green Beans & Plum |
| 28Chicken Patty on Whole Grain Bun, Baked Tater Tots, Green Beans & Banana | 29Brown Rice Pilaf w/ Chicken and Carrots, Cauliflower & Apple | 30Whole Grain French Toast, Turkey Sausage, Roasted Potatoes & Applsauce | 31Pizza w/ Mozzarella Cheese, Tomato Sauce, Corn & Pear |  |

* Children Ages 1-2 years old will be served 4 oz of whole milk .

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* Children Ages 3-5 will be served 6oz 1%milk
* 6-12, 13-18 years old will be served 8 oz of 1% milk.
* All children are served water with snack