



ALT 10/02-10/06 Egg Salad Sandwich
 10/09-10/13 Ham & Cheese on a WW Roll
 10/16-10/20 Turkey and Cheese on a WW Roll
 10/23-10/27 Tuna Fish Sandwich
 10/30-11/03 Bagel (Plain, Cream Cheese Or Butter), Boiled Egg



Five food components are offered with each lunch - milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c fruit or vegetable. Lunch menu subject to change. Lunch \$2.85
 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"



Monday

Tuesday

Wednesday

Thursday

Friday

Scrambled Eggs **2**
 Ham Slice
 WW Biscuit
 Raw Veggie Cup
 Assorted Fruit

Grilled Cheese Sandwich **3**
 Crinkle Fries
 Green Beans
 Assorted Fruit

Pasta With Meat Sauce **4**
 WW Bread & Butter
 Cooked Carrots
 Assorted Fruit

Hamburger Patty OR **5**
 Cheeseburger On A WW Roll
 Peas, Baked Beans
 Assorted Fruit

No School **6**
 Prof. Development Day

No School **9**
 Columbus Day

Chicken Tenders **10**
 Buttered Noodles
 Cooked Carrots
 Baked Beans
 Assorted Fruit

Cheese Ravioli With **11**
 Meatballs and Red Sauce
 Warm WW Dinner Roll
 Peas
 Assorted Fruit

Sweet n' Sour Chicken **12**
 Strips
 Brown Rice
 Stir Fry Vegetables
 Assorted Fruit

Stuffed Crust Cheese **13**
 Bosco Stick
 Marinara Sauce
 Steamed Broccoli
 Assorted Fruit

Choice of Cereal Bowl **16**
 Boiled Egg
 Raw Veggie Cup
 Assorted Fruit

Homemade Chili **17**
 Tostitos Scoops
 Brown Rice
 Baked Beans, Corn
 Assorted Fruit

Spaghetti With **18**
 Meat Sauce
 Homemade Corn Bread
 Steam Broccoli
 Assorted Fruit

Grilled Ham and Cheese **19**
 On A Ciabatta Roll
 Campbell's Chicken Noodle
 OR Tomato Soup, Carrots
 Assorted Fruit

Bosco Stuffed Crust **20**
 Cheese OR Pepperoni Pizza
 Green Beans
 Assorted Fruit

Mini Pancakes **23**
 Syrup
 Sausage Links
 Raw Veggie Cup
 Assorted Fruit

Hotdog On A WW Roll **24**
 Baked Beans
 Celery Sticks
 Assorted Fruit

Chicken Alfredo With **25**
 Penne
 Warm Dinner Roll
 Steamed Broccoli
 Assorted Fruit

Hamburger Patty OR **26**
 Cheeseburger On A WW Roll
 Crinkle Fries
 Peas
 Assorted Fruit

Big Daddy Cheese OR **27**
 Bacon Pizza
 Carrots
 8Assorted Fruit

Mini French Toast **30**
 Syrup
 Ham Cubes
 Raw Veggie Cup
 Assorted Fruit

Homemade Chicken **31**
 Pot Pie With A WW Biscuit Topping
 Corn Kernel
 Assorted Fruit

