

October 2011 Lunch Menu

Program prohibits discrimination on the basis of race, color, national origin, sex, age and or handicap.	*All meals come with a beverage.	*Volunteers needed for Prep and Serving daily	*Soup of the week is shown on Monday	Menu Subject to Change
3. Grilled Cheese Tomato Soup Chips Veggies & Dip Grapes Mousse Soup: Baked Potato	4. Fettuccine w/ Chicken Bake Tossed Salad Peaches Jell-O	5. BBQ Pulled Pork Sandwiches Baked Fries Coleslaw Apples Pumpkin Dump Cake	6. Tilapia Rice Pilaf Green Beans Oranges Cookies	7. Sub Sandwiches (turkey, ham, salami) Choice of Toppings Chips Banana Gogurts
10. Baked Ham Cheesy Potatoes Veggies & Dip Apple Sauce Granola Bars Soup: Minestrone	11. French Dip w/ Au jus Buttered Noodles Tossed Salad Melon & Berries Mousse	12. Turkey Burgers Pasta Salad w/ Veggies Grapes Berry Crisp	13. Baked Potato Bar Toppings Steamed Veggies Apple Slices Frozen Treat	14. Sweet & Sour Chicken Brown Rice Steamed Veggies Mixed Fruit Rice Crispy Treat
17. French Toast Sausage Hard Boiled Egg Hash Browns Mixed Fruit Yogurt Cup Soup: Bean & Ham	18. Grilled Chicken Rice Pilaf Tossed Salad Melon Lemon Crumble Bars	19. Hot Dogs Chips Veggies & Dip Grapes Granola Bar	20. Chicken & Cheese Quesadillas Spanish Rice Corn Salad Apples Jell-O	21. Turkey w/ Gravy Mashed Potatoes Tossed Salad Grapes Mousse
24. Grilled Burgers W/ Toppings Baked Fries Tossed Salad Oranges Frozen Fruit Bar Soup: Chicken Tortilla	25. Chicken Stir Fry Steamed Veggies Brown Rice Melon Blueberry Cobbler	26. Mac N' Cheese Tossed Salad Apple Slices Brownies	27. Sub Sandwiches (turkey, ham, salami) Choice of Toppings Chips Bananas Gogurt	28. Beef Enchiladas Spanish Rice Veggies & Dip Mixed Fruit Mousse
31. Spaghetti w/ Meatballs Garlic Bread Green Beans Grapes Rice Crispy Treats Soup: Stuffed Green Pepper				

NOTE: Hot lunch will be available for you student to purchase each day if they are without a lunch along with ala cart items. Box lunches must be pre-ordered, they cannot be purchased daily.

Student Name & Grade: _____

October 2011 Box Lunch Order Form

3. T – H - PBJ Cheese Chips – Veggie Sticks Pickle Spear Fruit Cup Granola Bar Beverage	4. T – H - PBJ Cheese Chips – Veggie Sticks Pickle Spear Fruit Cup Granola Bar Beverage	5. T – H - PBJ Cheese Chips – Veggie Sticks Pickle Spear Fruit Cup Granola Bar Beverage	6. T – H - PBJ Cheese Chips – Veggie Sticks Pickle Spear Fruit Cup Granola Bar Beverage	7. T – H - PBJ Cheese Chips – Veggie Sticks Pickle Spear Fruit Cup Granola Bar Beverage
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Box Lunch Ordering Directions:

T=Turkey, H=Ham, PB&J=Peanut Butter and Jelly

**All sandwiches will be made on white wheat bread, all cheese will be provolone
Circle cheese on the form if you would like cheese on your sandwich; circle chips or veggie stick. Turkey and ham sandwiches come with lettuce and tomato on the side. Mustard and other condiments are available.**

Box lunches must be pre-ordered, they cannot be purchased same day.

***In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability.**