



Monday	Tuesday	Wednesday	Thursday	Friday
2) <b>Orange Glazed Popcorn Chicken</b> Served on a bed of herbed rice Stir-fry mixed vegetables Assorted garden salads Fresh fruit / light fruit cup Low fat or fat free milk	3) <b>Hamburger or Cheeseburger</b> Served on a whole wheat bun Homemade minestrone soup Steamed broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	4) <b>Taco Salad</b> Served w. Tostito tortilla chips Lettuce, tomato, cheddar & salsa Refried beans w. cheese Fresh fruit / light fruit cup Low fat or fat free milk	5) <b>Oven Roasted Chicken</b> Herbed stuffing w. gravy Seasoned corn niblets Fresh vegetable cup Fresh fruit / light fruit cup Low fat or fat free milk	6) <b>Homemade Cheesy Pizza</b> Served on a whole grain crust Steamed carrot coins Italian style green beans Fresh fruit / light fruit cup Low fat or fat free milk
9) <b>COLUMBUS DAY</b>  <b>NO SCHOOL</b>	10) <b>Delicious Hot Dog</b> Served on a whole wheat roll Bush's baked beans Steamed cauliflower Assorted garden salads Low fat or fat free milk	11) <b>Breaded Mozzarella Sticks</b> Served with marinara sauce Glazed carrot coins Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk	12) <b>Tyson Chicken Nuggets</b> Spicy spanish rice Stir fry mixed vegetables Tomato & mozzarella salad Fresh fruit / light fruit cup Low fat or fat free milk	13) <b>Italian Meatball Sub</b> Served on a wheat sub roll Italian mixed vegetables Sweet corn kernels Fresh fruit / light fruit cup Low fat or fat free milk
16) <b>Toasted Cheese Sandwich</b> Served on whole wheat bread Campbell's Tomato soup Steamed sweet peas Assorted garden salads Low fat or fat free milk	17) <b>Baked Ziti w. Meat Sauce</b> Served with a garlic breadstick Marinated three bean salad California blend mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	18) <b>Turkey Chili OR Mac &amp; Cheese</b> Served w. Tostito tortilla chips Sliced carrot coins Corn & black bean salsa Fresh fruit / light fruit cup Low fat or fat free milk	19) <b>Turkey &amp; Cheese Wrap</b> Served on a whole wheat wrap Seasoned french fries Butternut squash Fresh fruit / light fruit cup Low fat or fat free milk	20) <b>NO SCHOOL</b>  <b>FULL DAY</b> <b>PROFESSIONAL DEVELOPMENT</b>
23) <b>Buffalo Cheese Crunchers</b> Celery & carrot sticks w. 1oz ranch Sweet peas & carrots Homemade vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk	24) <b>Seasoned Chicken Fajita</b> Served on a whole wheat wrap Stir-fry mixed vegetables Spicy corn & black bean salsa Fresh fruit / light fruit cup Low fat or fat free milk	25) <b>Taco Salad</b> Served w. Tostito tortilla chips Lettuce, tomato, cheddar & salsa Refried beans w. cheese Fresh fruit / light fruit cup Low fat or fat free milk	26) <b>Baked Fish Fillet Sandwich</b> Served on a whole wheat bun New England clam chowder Homemade coleslaw Steamed green beans Low fat or fat free milk	27) <b>Tyson Chicken Nuggets</b> Served with herbed rice Candied yams Assorted tossed salads Fresh fruit / light fruit cup Low fat or fat free milk
30) <b>Philly Cheese Steak</b> Served on a wheat sub roll Cool cucumber salad Sweet corn niblets Fresh fruit / light fruit cup Low fat or fat free milk	31) <b>Chicken Patty Parmesan</b> Served on a whole wheat bun Chick pea salad Italian mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	<b>EVERYONE CAN EAT BREAKFAST</b> French Toast Sticks w. Syrup Assorted Egg & cheese Sandwiches English Muffins / Bagels Milk/Fruit/Juice		

**Breakfast price \$2.25 daily**  
**Lunch price \$3.25 daily**  
Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily

**DAILY ALTERNATIVE ENTREE CHOICES**

- \* Made-to-order wraps
- \* Fresh made salad with choice of topping, roll & Dressing
- \* Fresh made subs & wraps to "grab & go"

*A la carte milk \$.60 | A la carte fruit or veggies \$.80*

*All meals meet the Whole Grain requirements*



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