



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetable Lasagna Celery with Peanut Butter Pears French Bread Milk	3 Hawaiian Sub (Ham, Mozzarella Cheese & Pineapple rings on a Hoagie Bun) Sweet Potato Wedges Pineapple Tidbits Milk	4 Porcupine Meatballs (Gr. Turkey, Brown Rice, Whole Grain Roll) Broccoli Apricots Milk Walk and Bike to School Day	5 Navy Bean Soup Roasted Butternut Squash Orange slices WW Crackers Milk	6 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & tomatoes) Apple Slices Milk
9 Roll-Ups (Turkey & Cheese in a Flour Tortilla) Italian Style Roasted Cauliflower Mandarin Oranges Milk	10 Homemade Chicken Nuggets Sweet Potatoes 'n' Pears Green Beans WW Rolls Milk	11 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Salad w/ Dressing Mixed Berries Garlic Bread Milk	12 Broccoli Cheddar Soup Cheese stick Cucumber Slices with Dip Apple slices Whole Grain Crackers Milk	13  Staff Meeting
16 Macaroni and Cheese Lima Beans Carrots Pears Milk	17 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) WW Flour Tortillas Peas Sample: Avocado Pears Milk	18 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Cauliflower Dip Peaches Confetti Corn Muffins Milk	19 Meat Loaf Roasted Red Potatoes and Winter Squash Apricots WW Roll Milk	20 Tuna Salad Sandwich Cabbage Slaw Chopped Red Grapes Milk
23 Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Sticks WW Crackers Orange Slices Milk	24 Baked Chicken Brussels Sprouts, roasted Apple Slices Soft Bread Sticks Milk	25 Scrambled Eggs Oven Roasted Red Potatoes Shredded Cheese Pears & Kiwi Flour Tortillas Milk	26 Dinner in a Pumpkin (Ground Beef, Brown Rice, Pumpkin, Mushrooms) Peaches Yogurt Whole Grain Rolls Milk	27 Arroz Con Pollo (Rice with Chicken) Broccoli Mango Milk
30 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Sliced Radishes & Shredded Cabbage Lime Wedges Pineapple Corn Tortillas Milk	31 Beef Stroganoff Green Beans Mandarin Oranges Milk	*For Dip, prepare Veggie Herb Dip, Spinach Dip, Yogurt Ranch Dip or Soy Ranch Dip		** All Milk served is 1% plain milk WG=Whole Grain WW=Whole Wheat