

# OCTOBER 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey Chili Corn Bread Honeydew	2 Tuna, Pea and Macaroni Salad Whole Wheat Pasta Apple Slices	3 Lean Beef Stew (Carrots, Potatoes and Celery) Whole Wheat Bread Sticks Cantaloupe
6 Cream of Potato Soup Whole Wheat Crackers Red and Green Grapes	7 Taco Salad (Tortilla Chips with Pineapple Black Bean Salsa)	8 Cheesy Marinara Dippers Veggie Salad Fall Fruit Mix	9 Goulash Steamed Corn Honeydew	10 Grilled Chicken Breast Sandwich with Avocado Spread Snap Peas Fruit Salad
13 Club Chicken Salad Sliced Pears	14 Black Bean Enchiladas Steamed Corn Pluots	15 Mediterranean Meatloaf Whole Wheat Roll Banana and Apple Slices	16 Broccoli Cheese Soup Breadsticks Grapes	17 Egg and Veggie Scramble Whole Wheat Toast Mango Slices
20 Sloppy Joe on Whole Wheat Bun Pepper Slices Cutie Oranges	21 Zucchini Italiano Whole Wheat Breadstick Grapefruit	22 Turkey and Swiss Melt Cucumber Slices Honeydew	23 Bean and Cheese Burrito Steamed Corn Sliced Gala Apples	24 Vegetable Beef Barley Soup Blueberries
27 Teriyaki Pork (Stir Fry Veggies and Brown Rice) Pineapple	28 Cheeseburgers on Whole Wheat Bun Homemade Fries Homemade Applesauce	29 Penne Pasta (with Chicken and Tomatoes) Tossed Salad Mango Slices	30 Southwestern Pizza (with Black beans and Corn) Cucumber Slices	31 Macaroni and Cheese (Whole Wheat Noodles) Steamed Carrots Pluots

\*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.