

October 2017 Lunch Menu: Horizons

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Sloppy Joes Coleslaw Seasoned fries Oranges & apple slices Milk	Bosco Cheese sticks Marinara Sauce Fresh cauliflower Broccoli florets Applesauce milk	Breaded pork patty Mashed potatoes & gravy Diced carrots Whole grain roll Peaches	Chicken nuggets Baked beans Baby carrots Whole grain roll Pineapple Milk	Chili Whole grain bread sticks Goldfish crackers Red pepper strips & cucumber slices Pears Milk
8	9	10	11	12
Chicken Patty on a whole grain bun Broccoli Florets Fruit Cocktail Milk	Turkey & Gravy with Mashed potatoes Diced Carrots Whole grain bread Peaches Milk	Sub Sandwich Tomato slices Green bean Medley Apple slices Milk Early Release	Chicken Quesadilla Tortilla Chips Refried Beans Baby carrots Orange Wedges Milk	Tomato soup Grilled cheese sandwich Cauliflower Pears Milk
15	16	17	18	19
Cheeseburger on a whole grain bun Corn Baked beans Watermelon Milk	Walking tacos with seasoned beef, cheese, romaine, diced tomatoes, black beans & salsa Pineapple	Orange chicken Brown rice Broccoli Whole grain roll Cantaloupe Milk	Popcorn chicken Mixed greens with grape tomatoes Whole grain roll Peaches Milk	Little Caesar's Baby carrots & celery sticks Grapes Milk
22	23	24	25	26
French bread pizza Fresh cauliflower & broccoli Apple slices & orange wedges Milk	Hot dog on a whole grain bun Baked beans Tater tots Apple sauce Milk	Spaghetti Mixed greens with grape tomatoes Whole grain roll Pears Milk EARLY RELEASE	Meatballs & gravy over Mashed Potatoes Diced carrots\Whole grain roll Peaches Milk	Little Caesar's Pizza Baby Carrots Celery sticks Pears Milk
29	30	31	Milk Choices:	Available Daily:
Chicken strips Baby carrots & cucumber slices Whole grain roll Pears Milk	Taco Salad Tortilla Chips Black beans Whole grain Roll Pineapple Milk	Breaded Pork Patties Mashed potatoes with gravy Green beans Whole grain roll Orange smiles Milk	1% chocolate Fat free white 1% white	Salad Bar Fresh Apples Oranges

EARLY RELEASE DAYS - 10/10 & 10/24

Menu is subject to change.