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| October Lunch Menu |
| 2020 |
| EQUAL OPPORTUNITY PROVIDER |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | Spaghetti & Meatballs, Garlic toast, Steamed Broccoli, Fruit & Milk | Spicy Chicken sandwich with Cole slaw  Fruit & Milk |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | Mediterranean Chicken Salad, with pita bread & tzatziki sauce, Fruit & Milk | Cheese Pizza w/ topping on the side, with side salad, Fruit & Milk | Baked chicken w/ mixed vegetable and mac & cheese  Fruit & Milk | Parent Teacher Conference | NIA |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | Columbus Day | Chicken Taco w/ whole grain tortilla, cheese, sour cream, salsa, lettuce and tomato, Spanish rice,  Fruit & Milk | Beef Hotdog on whole wheat bun, with baked chips, Fruit & Milk | Deli Sandwich on Whole Wheat bun, with Pasta salad, Fruit & Milk | Whole Grain Chicken Tenders, With Carrot and Celery Sticks, Curly fries, Fruit & Milk |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | Chicken noodle soup w/ mini deli sandwich  Fruit & Milk | Lemon Herb Penne pasta, with tomato, broccoli, spinach, peppers, parmesan, garlic toast, Fruit & Milk | BBQ Rib sandwich on Whole wheat bun, with chips, Fruit & Milk | Meat or meatless Lasagna, with side salad  Fruit & Milk | Chef Salad with Breadstick, Fruit & Milk |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | Meatloaf with gravy, mashed potatoes, and green beans  Fruit & Milk | Cheeseburger on Whole wheat bun w/ lettuce, Crinkle cut fries, Fruit & Milk | Chicken Bacon Ranch wrap w/ lettuce cheese, chips  Fruit & Milk | With or without meat Chili bowl, topped with cheese, sour cream, Jalapeno cornbread  Fruit & Milk | BBQ Chicken, corn on the cob, Coleslaw  Fruit & Milk |  |