

October 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Fat Free Skim Milk Served Daily		Tomato Soup Grilled Cheese Peas Apples	Beef Smokies Whole Wheat Bread Baked Beans Fruit Cocktail
Hamburgers Whole Wheat Bun Cheese Slices Broccoli Peaches	Scalloped Potatoes Ham Whole Wheat Bread Green Beans Pears	Fish Sticks Whole Wheat Bread Peas Mandarin Oranges	Beef Chili Wheat Crackers Spinach Salad Bananas	Bean & Cheese Burritos Vegetable Medley Fruit Cocktail
Beef Hot Dog Whole Wheat Bun Green Beans Peaches	Beef Tacos Whole Wheat Tortillas Corn Pears	Beef Spaghetti W/ Meat Sauce Broccoli Mandarin Oranges Whole Wheat Bread	Chicken Strips Whole Wheat Bread Baked Beans Applesauce	Cheese Pizza Romaine Salad Cottage Cheese Fruit Cocktail
Beef Sloppy Joes Whole Wheat Bun Broccoli Peaches	Chicken Patty Whole Wheat Bun Carrot Coins Pears	Beef Goulash Vegetable Medley Mandarin Oranges Whole Wheat Bread	Chicken & Rice Soup Wheat Saltines Carrots/Celery Applesauce	Chicken Enchiladas Black Beans Fruit Cocktail
Pulled Pork Whole Wheat Bun Green Beans Peaches	Beef Taco Salad Whole Wheat Tortilla Chips Corn Pears	Mac & Cheese Ham Vegetable Medley Mandarin Oranges Whole Wheat Bread	Tomato Soup Grilled Cheese Peas Apples	Beef Smokies Whole Wheat Bread Baked Beans Fruit Cocktail