

October Lunch

Health 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Frito Pie Served with a Garden Salad and Fresh Fruit	3 Baked Ziti Served with a Garden Salad and Fresh Fruit	4 BBQ Chicken Sandwich Served with Potato Wedges and Fresh Fruit	5 Green Chili Cheese Enchiladas Served with Shredded Lettuce, Pinto Beans and Fresh Fruit	6 Pepperoni or Cheese Pizza Served with Raw Veggies, Ranch and Fresh Fruit
9 Creamy Chicken and Wild Rice Served with Veggie and Fresh Fruit	10 Bean and Cheese Burrito Served with Homemade Potatoes and Fresh Fruit	11 Sesame Chicken Lo Mein Served with Mandarin Oranges	12 Beef Enchiladas Served with Shredded Lettuce, Pinto Beans and Fresh Fruit	13 Meatball Sub Served with a Garden Salad and Fresh Fruit
16 Club Sandwich Served with Baby Carrots, Ranch and Fresh Fruit	17 Frito Pie Served with a Garden Salad and Fresh Fruit	18 Green Chili Stew Served with a Tortilla and Fresh Fruit	19 Chicken Nuggets and French Fries Served with Fresh Fruit	20 Green Chili Chicken Enchiladas Served with Beans and Fresh Fruit
23 Spaghetti and Meat Marinara Served with Garlic Bread, Garden Salad and Fresh Fruit	24 Grilled Cheese Sandwich Served with Chef Salad and Fresh Fruit	25 Beef and Bean Nachos Served with Lettuce, Tomatoes, Jalapenos (optional), and Fresh Fruit	26 Teriyaki Chicken Served with Veggie Fried Rice and Fresh Fruit	27 Hawaiian or Cheese Pizza Served with Raw Veggies, Ranch and Fresh Fruit
30 Red Chili Beef Enchiladas Served with Shredded Lettuce, Pinto Beans and Fresh Fruit	31 Chicken and Sausage Jambalaya Served with a Garden Salad and Fresh Fruit			