


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Alfredo w/Noodles Peas & Carrots Romaine Lettuce & Tomatoes Breadstick	Oven Baked Pork Chops Lima or Green Beans Potatoes or Rice w/Gravy Roll	Seasoned Taco Meat w/Romaine & Tomatoes Corn Black or Pinto Beans Spanish Rice & Tortilla Chips	Chicken Tenders Mixed Veggies Yams (Patty) Salad Biscuit (1 oz.)	Turkey or Ham w/Cheese Sub Romaine & Tomatoes Carrots Doritos or Sun Chips
WEEK OF 8 th -12 th Cycle 2	Beefy Macaroni (Italian) Green Beans Yams (Patty) Salad Roll	BBQ Fajita On Bun or Wrap Fries Carrots Romaine & Tomatoes	Steak Nuggets or Breaded Steak Patty Black Eyed Peas Turnip or Collard Greens Cornbread (1 oz.)	Chicken Wings* Fries or Potato Wedges Salad Roll	Pizza or Pizza Pocket Corn Salad WG Cookie
WEEK OF 15 th -19 th Cycle 3	Chicken Bites Green Peas Sweet Potato Fries Roll	Pork Patty or Pulled Pork on Bun Baked Beans Potato Salad Fruit Crisp	Spaghetti w/Meat Sauce Garden Salad Green Beans Breadstick	Chicken Fingers w/Waffles Potatoes* Salad	Frankfurter Hotdog Bun Fries Coleslaw Brownie
WEEK OF 22 nd -26 th Cycle 4	Chicken Patty (Breaded, Spicy or Grilled) Romaine & Lettuce Sweet Potato Fries Bun	Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Roll	Santé Fe Soup (Buttered) Carrots Romaine & Tomato Corn Chips	Oven Roasted Chicken Rice Pilaf Green Beans Squash Biscuit (1 oz.)	Chicken Chili Crispito Black Beans Corn (Nuggets) Brownie
WEEK OF 29 th -31 st Cycle 5	Fish Patty on Bun w/Cheese & Tartar Sauce Mixed Veggies Fries Romaine & Tomatoes	Bacon Potato Soup Broccoli or Salad Mozzarella Cheese or Breadstick	Sloppy Joe or Cheeseburger Tots Carrots Romaine & Tomatoes		

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MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

OCTOBER

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED DAILY

Fun Fact: A PUMPKIN is a cultivar of a squash plant, most commonly of *Cucurbita pepo* that is round with smooth, slightly ribbed skin, and deep yellow to orange coloration. A pumpkin, from a botanist's perspective, is a FRUIT because it's a product of the seed-bearing structure of flowering plants. Vegetables, on the other hand, are the edible portion of plants such as leaves, stems, roots, bulbs, flowers, and tubers. Because pumpkins are less sweet and more savory from a culinary perspective, we categorize them as a VEGETABLE.