


LUNCH	OCTOBER 2019				GRADES 6-8
MON	TUE	WED	THUR	FRI	
	1 Jamaican Beef Patty Green Beans Rice Fruit Milk	2 Meatball Sub Baked Beans Fruit Milk	3 Chicken & Waffles Potato Wedges Fruit Milk	4 Cheese Tortellini Broccoli Fruit Milk	
	7 General Tso's Chicken Rice Broccoli Fruit Milk	8 Hamburger on WG Bun Baked Beans Fruit Milk	9 Chicken Caesar Salad Wrap Baby Carrots Fruit Milk	10 Ziti & Meatballs Green Beans Fruit Milk	11 Cheese Pizza California Medley Potato Wedges Fruit Milk
14 <i>INDIGENOUS PEOPLES' DAY</i> No School	15 Beef & Bean Tamale Pie Corn Fruit Milk	16 Inside Out Chicken Tacos (Taco Chips on the Side) Green Beans Fruit Milk	17 Hawaiian Chicken Coconut Rice Black Beans Fruit Milk	18 Stir Fry Beef Brown Rice Vegetable Medley Fruit Milk	
21 Arroz conQuest w/Ckn Broccoli Fruit Milk	22 Kati Kati Chicken Brown Rice Black Beans Fruit Milk	23 Beef Nachos Green Beans Fruit Milk	24 Oven Baked Chicken Potato Wedges Whole Grain Roll Fruit Milk	25 Double Stuffed Pizza Sweet Potato Tots Fruit Milk	
28 Cuban Black Beans & Rice Corn Fruit Milk	29 Chicken Curry Casserole Carrots Fruit Milk	30 Stuffed Shells Broccoli Fruit Milk	31 Honey Lime Chicken Brown Rice Southwestern Beans Fruit Milk	Nov. 1 Oven Fried Chicken Drumstick Green Beans Whole Grain Roll Fruit Milk	
*ALL MENUS ARE SUBJECT TO CHANGE					*Complies with NSLP & SBP Regulations