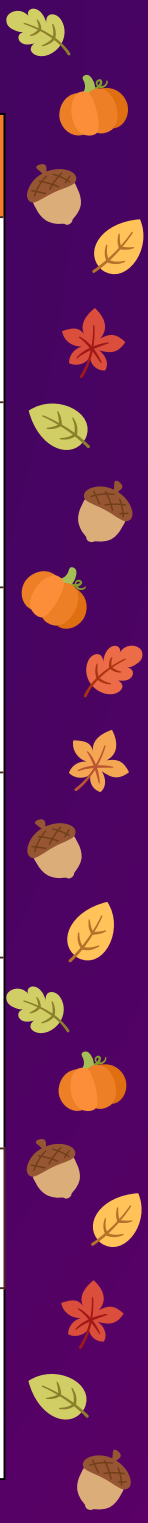


October Mission



Date	Hot Lunch	Vegetarian Lunch	Fruit	Cold Lunch
Wednesday October 1	Cheesy Beef Lasagna with Fruit	Cheesy Veggie Lasagna with Fruit	Pineapple Cup	BBQ Chicken Wrap with Oranges & Salted Caramel Cookie
Friday October 3	Chicken Teriyaki Rice Bowl	Veggie Tender Teriyaki Rice Bowl	Blueberry Yogurt Parfait	Ham & Cheese Sandwich with Peach Cup & Granola Trail Mix
Monday October 6	Chicken Fajita Wraps with Yogurt	Corn & Bean Fajita Wraps with Yogurt	Grape Cup	Chef Salad with Carrot Cake
Wednesday October 8	Bacon Mac & Cheese with Fruit	Mac & Cheese with Fruit	Peach Yogurt Parfait	Egg Salad Sandwich with an Apple & Chex Mix
Friday October 10	Chicken Chow Mein with Fruit	Veggie Tenders on Chow Mein with Fruit	Melon Cup	Chicken Taco Wrap with Strawberry Apple Sauce & Zucchini Muffin
Monday October 13	Thanksgiving			
Wednesday October 15	Fun Lunch! Cheesy Beef Burgers with Hardbite Chips	Fun Lunch! Cheesy Veggie Burgers with Hardbite Chips	Blackberry Yogurt Parfait	Rotini Pasta Salad with Peach Cup



Date	Hot Lunch	Vegetarian Lunch	Fruit	Cold Lunch
Friday October 17	BBQ Chicken & Peas with Roasted Potatoes	BBQ Tofu & Peas with Roasted Potatoes	Fruit Cup	Roast Beef Sandwich with Cucumber + Dip & Banana Muffin
Monday October 20	Chicken Dumplings on Fried Rice	Veggie Dumplings on Fried Rice	Mango Yogurt Parfait	Chicken Caesar Wrap with Peach Apple Sauce & Granola Bar
Wednesday October 22	Cheesy Beef Baked Macaroni with Fruit	Cheesy Veggie Ground Macaroni with Fruit	Pineapple Cup	Wow Butter & Strawberry Jam Sandwich with Mandarin & Chocolate Chip Cookie
Friday October 24	Non Instructional Day			
Monday October 27	Baked Chicken & Broccoli Alfredo Penne	Baked Broccoli Alfredo Penne	Apple Yogurt Parfait	Chicken Bacon Ranch Wrap with Carrots + Dip & Granola Trail Mix
Wednesday October 29	Sausages on Buttered Perogies with Fruit	Veggie Ground on Buttered Perogies with Fruit	Grape Cup	Chicken Quesadilla with an Apple & Carrot Muffin
Friday October 31	French Toast & Sausage with Fruit	French Toast & Veggie Sausages with Fruit	Fruit Cup & Halloween Treat	Chicken Caesar Salad with Chex Mix

