

OCTOBER

HOT LUNCH MENU - GRADES 1 TO 12

MON	TUE	WED	THU	FRI
	1 Cheese Cubes BBQ Chicken Rice Pilaf Corn Orange Slices Fruit Salad Milk/Water	2 Ceasar Salad Lemon Cod Cous Cous Dill Carrots Banana Squares Fruit Salad Milk/Water	3 Tomato Slices Mac & Cheese Green Beans Mixed Berries Fruit Salad Milk/Water	4 Mixed Greens Chicken Quesedilla Spanish Rice Mixed Veggies Whole Fruit Fruit Salad Milk/Water
7 Pickled Veg Teriyaki Chicken Steamed Noodles Broccoli Applesauce Fruit Salad Milk/Water	8 Garden Salad Baked Omelettes Potatoes Green Beans Apples Fruit Salad Milk/Water	9 Crudite & Dip Sheppards Pie Mixed Beans Pumpkin Spice Cookie Whole Fruit Fruit Salad Milk/Water	10 Cheese Cubes Fish Cakes Cous Cous Carrots Whole Fruit Fruit Salad Milk/Water	11 Ceasar Salad Pasta Alfredo Bread Mixed Veggies Jello Fruit Salad Milk/Water
14 Thanksgiving Day	15 Organizational Day	16 Tomato Slices Sweet & Sour Meatballs Steamed Noodles Mixed Beans Orange Slices Fruit Salad Milk/Water	17 Garden Salad Sole Filet Multigrain Blend Dill Carrots Whole Fruit Fruit Salad Milk/Water	18 Caesar Salad Pasta Bolognaise Bread Mixed Veggies Bread Pudding Fruit Salad Milk/Water
21 Pickled Veg Tuna Casarole Yellow Beans Orange Slices Fruit Salad Milk/Water Milk/Water	22 Crudite & Dip Meatloaf & Gravy Mashed Potatoes Corn Whole Fruit Fruit Salad Milk/Water	23 Cheese Cubes BBQ Chicken Rice Pilaf Corn Oatmeal Cookies Fruit Salad Milk/Water	24 Caesar Salad Pizza Steamed Noodles Mixed Veggies Apples Fruit Salad Milk/Water	25 Parent/Teacher interview No Classes
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break