




**October 2018**

	<b>Lean &amp; Green Monday 10/1</b>	<b>Tuesday 10/2</b>	<b>Wednesday 10/3</b>	<b>Thursday 10/4</b>	<b>Friday 10/5</b>
<b>Entrée – choose 1</b>	**Veggie Pasta Bake (41g) & Breadstick (17g)  **Blazin’ Buffalo Wrap (50g)  **Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	**Cheese & Bean Enchilada (42g)  **Macaroni-n-Cheese (25g) & Cornbread (29g)  *Chicken Patty on Bun (34g)	* Philly Steak & Cheese Sub (33g)  *Fiestada Pizza (43g)  *Turkey Sausage & French Toast Sticks (58g)	*Hamburger on Bun (25g)  *Turkey Divan (33g) & Cornbread (29g)  *Hot & Spicy Chicken Drumstick & Waffle (35g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Fiesta Nachos (36g)
	<b>COLD ENTREES</b>  **Cottage Cheese (6g) + Muffin (26-28g) + Fruit	<b>COLD ENTREES</b>  *Turkey & Cheese Wrap (35g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  **Veg Out Sub (40g)	<b>COLD ENTREES</b>  *Chef Salad (17g) & Cornbread (29g)
<b>Choose 1 or more</b>	*Green Beans (5g)  **Black beans (22g)	*Potato of Choice (14-37g)  *Collard Greens (4g)	*Corn (17g)  *Hot Apple Slices (20g)	*Potato of Choice (14-37g)  *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)  *Garbanzo Beans (20g)

**WEEK 3**

	<b>Lean &amp; Green Monday 10/8</b>	<b>Tuesday 10/9</b>	<b>Wednesday 10/10</b>	<b>Thursday 10/11</b>	<b>Friday 10/12</b>
<b>Entrée – choose 1</b>	**Baja Bean Fajita (60g)  **Two Bean Chili (39g) & 2 Cornbread (58g)  **BBQ Burger on Bun (44g)	*Chicken Nuggets (15g) & Breadstick (17g)  *BBQ Beef Rib Sub (40g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	*Cheeseburger on Bun (26g)  *Pepperoni Pizza (35g)  *Sloppy Joe on Bun (36g)	 *Ohio Day Calzone (33g)  **Cheese & Bean Burrito (40g)  *Chicken Drumstick & Waffle (34g)	*Hamburger on Bun (25g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Chicken Fajita (39g)
	<b>COLD ENTREES</b>  **Sun Butter Grab-n-Go (71-77g)	<b>COLD ENTREES</b>  *Cobb Salad (12g) & Breadstick (17g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)	<b>COLD ENTREES</b>  *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Corn (17g)  **Black beans (22g)	*Potato of Choice (14-37g)  *Green Beans (5g)	*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

**WEEK 4**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Plant-based food item is available at lunch daily. No pork, seafood or nut products are offered. Menu subject to change. This institution is an equal opportunity provider. Revised 9/28/2018



	<b>Lean &amp; Green Monday 10/15</b>	<b>Tuesday 10/16</b>	<b>Wednesday 10/17</b>	<b>Thursday 10/18</b>	<b>Friday 10/19</b>
<b>Entrée – choose 1</b>	**Toasted Cheese Sandwich (32g)  **Amazing Lo Mein w/ beans (63g) or w/ eggs (46g) & Cornbread (29g)  **Cheese & Bean Enchilada (42g)	*Southwest Burger on Bun (26g)  *Chicken and Cheese Taquitos (30g)  *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)  *Pepperoni Pizza (35g)  *Turkey & Cheese Melt (31g)	*Hot Italian Sub (30g)  *Cheesy Chicken Crunch Wrap (57g)  **Veggie Burger (39g) or Cheeseburger on Bun (27g)	
	<b>COLD ENTREES</b>  **Egg Salad on Croissant (32g)	<b>COLD ENTREES</b>  **Super Garden Salad (22g) & Breadstick (17g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Egg Combo (34-59g)	<b>No School</b>
<b>Choose 1 or more</b>	*Steamed Broccoli (2g)  *Tomato Soup (15g) and Saltines (19g)	*Collard Greens (4g)  **Garbanzo beans (20g)	*Corn (17g)  *Hot Apple Slices (20g)	*Potato of Choice (14-37g)  *Edamame Medley – edamame, corn, carrots, & red peppers (8g)	

**WEEK 1**

	<b>Lean &amp; Green Monday 10/22</b>	<b>Tuesday 10/23</b>	<b>Wednesday 10/24</b>	<b>Thursday 10/25</b>	<b>Friday 10/26</b>
<b>Entrée – choose 1</b>	**Fiesta Rice and Beans with Tortilla Chips (77g)  **Vegetable Pinwheel (33g)  **Sausage & French Toast Sticks (64g)	*Salisbury Steak on Bun (34g)  *Turkey Corn Dog (30g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)		*Cheeseburger on Bun (26g)  *Sweet-n-Sour Chicken over Rice (62g)  **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cheese and Chicken Burrito (55g)
	<b>COLD ENTREES</b>  **Sun Butter Grab-n-Go (71-77g)	<b>COLD ENTREES</b>  *BBQ Chicken Wrap (49g)	<b>No School</b>	<b>COLD ENTREES</b>  *Italian Salad (10g) & Breadstick (17g)	<b>COLD ENTREES</b>  *Chef Salad (17g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Green Beans (5g)	*Mashed Potatoes with Gravy (23g)  *Brussels Sprouts (7g)		**Potato of Choice (14-37g)  *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)  *Hot Peach Slices (28g)

**WEEK 2**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Plant-based food item is available at lunch daily. No pork, seafood or nut products are offered. Menu subject to change. This institution is an equal opportunity provider. Revised 9/28/2018