

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Steak Fingers **1**  
 Steamed Rice  
 Whole Corn/ Green Beans  
 Applesauce in a Bag  
 Fresh Oranges  
 Whole Wheat Roll  
 Low Fat Milk  
 Chocolate Milk  
 Ketchup

BBQ Rib Sandwich **2**  
 Crispy French Fries  
 Fresh Oranges  
 Fruit Slushes  
 Low Fat Milk  
 Chocolate Milk  
 Ketchup  
 Mayonnaise  
 Mustard

Meatloaf **3**  
 Mashed Potatoes  
 Black eyed peas  
 Seasoned Cabbage  
 Fresh Grapes  
 Frozen Fruit Juice Cups  
 Cornbread  
 Low Fat Milk  
 Chocolate Milk

Chicken Tenders **4**  
 Cheesy Broccoli  
 Fresh Fruit Cup  
 Chilled Diced Pears  
 Whole Wheat Roll  
 Low Fat Milk  
 Chocolate Milk  
 Sweet & Sour Sauce  
 Barbecue Sauce

Bacon Cheeseburger **7**  
 Bacon Ranch Fries  
 Baby Carrots  
 Tossed Salad w/ Dressing  
 Frozen Fruit Juice Cup  
 Fresh Orange Smiles  
 Low Fat Milk  
 Chocolate Milk

Country Fried Steak **8**  
 Mashed Potatoes  
 Pinto Beans  
 Fresh Fruit Bowl  
 Assorted Fruit Juices  
 Cornbread  
 Low Fat Milk  
 Chocolate Milk  
 Assorted Gelatins

Mexican Pizza **9**  
 Peas and Carrots  
 Corn on the Cob  
 Mandarin Fruit Cup  
 Fresh Apples  
 Low Fat Milk  
 Chocolate Milk

Chicken Spaghetti **10**  
 Green Beans w  
 Potatoes  
 Steamed Carrots  
 Broccoli Florets w/ Dip  
 Assorted Fruit Juices  
 Fresh Apples  
 Whole Wheat Roll  
 Low Fat Milk  
 Chocolate Milk

Chili Con Carne w/ Beans **11**  
 Saltine Crackers  
 Crispy French Fries  
 Fruit Slushes  
 Low Fat Milk  
 Chocolate Milk  
 Ketchup

Fall Break – No School **14**

Lasagna **15**  
 Whole Kernel Corn  
 Fresh Grapes  
 Applesauce  
 Whole Wheat Roll  
 Low Fat Milk  
 Chocolate Milk

Beef Steak Burgers **16**  
 Seasoned Potato Wedges  
 Chilled Diced Pears  
 Low Fat Milk

Chicken Fajitas **17**  
 Corn on the Cob  
 Fresh Fruit Cup  
 Chicken Salad Salad  
 Low Fat Milk  
 Chocolate Milk  
 Chocolate Chip Cookie

Philly Cheese Steak **18**  
 Sandwich  
 Crispy French Fries  
 Fresh Banana  
 Fresh Apples  
 Low Fat Milk  
 Chocolate Milk  
 Chocolate Chip Cookie  
 Ketchup

Chicken Nuggets **21**  
 Mashed Potatoes w/  
 Cheese  
 Fresh Apples  
 Cornbread  
 Low Fat Milk  
 Chocolate Milk  
 Chocolate Chip Cookie  
 Ketchup

Cheeseburger Pie **22**  
 Mexicali Corn  
 Chilled Peach Slices  
 Low Fat Milk

American Sub **23**  
 Crispy French Fries  
 Fresh Oranges  
 Low Fat Milk  
 Ketchup  
 Mayonnaise  
 Mustard  
 Chocolate Chip Cookie

John Wayne Casserole **24**  
 Whole Kernel Corn  
 Fresh Pears  
 Whole Wheat Roll  
 Low Fat Milk

Meat Lover's Pizza **25**  
 Tossed Salad w/ Dressing  
 Assorted Fruit Juices  
 Fresh Fruit Cup  
 Low Fat Milk

Hamburger Steak w/ gravy **28**  
 Mashed Potatoes  
 Peas and Carrots  
 Fresh Oranges  
 Frozen Fruit Juice Cups  
 Whole Wheat Roll  
 Low Fat Milk  
 Chocolate Milk

Beef Stroganoff over Rice **29**  
 Steamed Broccoli  
 Cornbread  
 Fresh Apples  
 Assorted Fruit Juices  
 Low Fat Milk  
 Chocolate Milk

Beef Taco w/ Soft Taco **30**  
 M MS109  
 Whole Kernel Corn  
 Garden Salad w/ Dressing  
 Fruit Cocktail  
 Low Fat Milk  
 Chocolate Milk

Taco Soup **31**  
 Cornbread  
 Assorted Fruit Juices  
 Fresh Pears  
 Low Fat Milk  
 Chocolate Milk  
 Chocolate Chip Cookie