

OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Beef Meatballs* with Whole Grain Rotini Seasoned Corn Fresh Apple*	3 Chicken Nachos Roasted Broccoli Fresh Peach*	4 Zesty BBQ Baked Chicken Drumstick* Macaroni and Cheese Zesty BBQ Baked Beans	5 Sloppy Joe on Whole Grain Bun Sweet Potato Wedges Fresh Banana	6 BBQ Chicken Pizza Fresh Celery and Cucumber Slices Fresh Pineapple
7 Cheeseburger on Whole Grain Bun Sweet Potato Wedges Fresh Pear*	8 Chicken Burrito Seasoned Black Beans Applesauce	9 Chicken Alfredo with Broccoli* Roasted Broccoli Fresh Apple*	10 Crunchy Fish Sandwich on Whole Grain Bun Oven Roasted Potato Wedges Diced Pineapple	11 Asian Marinade Chicken* w/ Lo-Mein Noodles Soy & Sesame Zucchini Fresh Orange Slices
14 Grilled Chicken Sandwich with Lettuce, Tomato, and Mayo* Seasoned Corn Fresh Apple*	15 Chicken Tacos Seasoned Black Beans Diced Pineapple	16 Turkey Hot Dog on Whole Grain Bun* Roasted Cauliflower Fresh Peach *	17 Teriyaki Beef Meatballs* with Veggie Fried Rice Roasted Broccoli Diced Pear	18 Homemade Turkey Pepperoni Pizza Roasted Carrots Fresh Banana
21 Beef Meatballs* with Whole Grain Rotini Roasted Carrots Fresh Apple*	22 Chicken Nachos Seasoned Black Beans Diced Pineapple	23 Zesty BBQ Baked Chicken Drumstick* Macaroni and Cheese Roasted Cauliflower Fresh Banana	24 Sloppy Joe on Whole Grain Bun Oven Roasted Potato Wedges Fresh Banana	25 Hawaiian Pizza Roasted Broccoli Fresh Pineapple
28 Cheeseburger on Whole Grain Bun Sweet Potato Wedges Fresh Pear*	29 Chicken Burrito Seasoned Black Beans Applesauce	30 Chicken Alfredo with Broccoli* Roasted Broccoli Fresh Apple*	31 Crunchy Fish Sandwich on Whole Grain Bun Oven Roasted Potato Wedges Diced Pineapple	1 Asian Marinade Chicken* w/ Lo-Mein Noodles Soy & Sesame Zucchini Fresh Orange Slices

Student's choice of 1% or skim milk provided.

This institution is an equal opportunity provider.

*Modifications made for ECE students

OCTOBER LUNCH MENU **Vegetarian**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Baked Whole Grain Rotini and Mozzarella Seasoned Corn Fresh Apple	1 Seasoned Black Bean and Cheese Nachos Roasted Broccoli Fresh Peach	2 Sunbutter & Jelly Sandwich Zesty BBQ Baked Beans Fresh Watermelon	3 Veggie Sloppy Joe on Whole Grain Bun Sweet Potato Wedges Fresh Banana	4 Cheese Pizza Fresh Celery and Cucumber Slices Fresh Pineapple
7 Veggie Burger on Whole Grain Bun Sweet Potato Wedges Fresh Pear	8 Bean and Cheese Quesadilla Seasoned Black Beans Applesauce	9 Sunbutter & Jelly Sandwich Roasted Broccoli Fresh Apple	10 Italian Veggie Pasta Salad Oven Roasted Potato Wedges Diced Pineapple	11 Asian Marinade Tofu w/ Lo-Mein Noodles Soy & Sesame Zucchini Fresh Orange Slices
14 Red, White, and Green Panini Seasoned Corn Fresh Apple	15 Black Bean Taco Seasoned Black Beans Diced Pineapple	16 Veggie Burger on Whole Grain Bun Roasted Cauliflower Fresh Peach	17 Veggie Teriyaki w/ Tofu with Veggie Fried Rice Roasted Broccoli Diced Pears	18 Veggie Pizza Roasted Carrots Fresh Banana
21 Baked Whole Grain Rotini and Mozzarella Roasted Carrots Fresh Apple	22 Seasoned Black Bean and Cheese Nachos Seasoned Black Beans Diced Pineapple	23 Egg Salad Sandwich on Whole Grain Bread Roasted Broccoli Fresh Banana	24 Grilled Cheese Sandwich Potato Wedges Sliced Peaches	25 Cheese Pizza Roasted Broccoli Fresh Pineapple
28 Veggie Burger on Whole Grain Bun Sweet Potato Wedges Fresh Pear	29 Bean and Cheese Quesadilla Seasoned Black Beans Applesauce	30 Sunbutter & Jelly Sandwich Roasted Broccoli Fresh Apple	31 Italian Veggie Pasta Salad Oven Roasted Potato Wedges Diced Pineapple	1 Asian Marinade Tofu w/ Lo-Mein Noodles Soy & Sesame Zucchini Fresh Orange Slices

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