

LUNCH MENU

October 2011

Mon	Tue	Wed	Thu	Fri
3 Shell pasta w/ garlic, basil, sliced tomato, garlic bread, Iceberg lettuce with ranch dressing, Jell-O	4 Cheese quesadilla Side of pinto beans & celery sticks & bell pepper wedges with ranch dip, <i>Jell-O</i>	5 Chicken fajita, 2 tortillas, Spanish rice, Green salad	6 All beef hot dog with macaroni and cheese, green salad	7 Beef teriyaki sautéed with broccoli served on white rice, Jell-O
10 Columbus Day Professional Development Pupil Free Day	11 Chicken kebab with rice salad Sliced bell peppers (green, orange, yellow)	12 Hamburger (top sirloin beef) with cheese, lettuce & tomato on the side with baked fries ketchup / mustard	13 Shredded beef taco in hard shell with sliced lettuce, shredded cheese & salsa on the side, Jell-O	14 Chicken Nuggets white meat (4piece) french fries, green salad Jell-O
17 Grilled cheese melt baked fries lettuce salad with ranch, tomato wedge & celery sticks, Jell-O	18 Roast beef with mushrooms, mashed potatoes, gravy, steamed peas & carrots	19 Chicken tenders sandwich white buns Iceberg Lettuce Ranch dressing	20 Thin crust pizza with mushroom and/or pepperoni topping, Caesar Salad w/ croutons	21 Beef fajita, 2 tortillas, Spanish rice, guacamole, sour cream
24 Spaghetti & meat * sauce garlic bread Iceberg lettuce salad with ranch	25 Cheese & Beef Bureg Hummus Pita bread Armenian salad	26 Chicken Patties Hash browns Iceberg lettuce Ranch dressing	27 Lule kebob with bulgur pilaf and pita bread with labne, Armenian salad	28 Ceasar Salad with white Chicken meat Baked potato