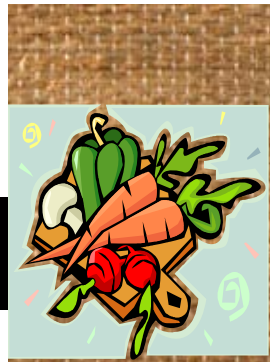


October 2009



**Primary
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Elementary
School**

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Mon	Tue	Wed	Thu	Fri
			1 <u>Fried Chicken</u> or <u>Meatloaf w/ Roll</u> , Brown Rice, Green Beans, Candied Yams, Cherry Fruit Icee, Pineapple Chunks and Milk (3rd choice—Ham sandwich)	2 <u>Pepperoni Pizza</u> or <u>Corn Dog w/ Garden Salad</u> , Corn on the Cob, Cucumber and Carrot Coins, Diced Pears and Milk (3rd choice—PB & J)
5 <u>Chicken Nuggets & Roll</u> or <u>Hamburger Steak</u> w/ Mashed Potatoes & Gravy, Stir Fried Veggies, Broccoli Salad, Candied Apple Wedges and Milk (3rd choice—PB & J)	6 <u>Chili Stuffed Baked Potato with Crackers</u> or <u>Ham and Turkey Sub with lettuce and tomato</u> w/ Steamed Broccoli, Corn on the Cob, Diced Peaches and Milk (3rd choice—Ham sandwich)	7 <u>Beef Nachos</u> or <u>Chicken Filet Sandwich</u> w/ lettuce, cheese and tomato, Baked Potato, Broccoli Salad, Fruit Cocktail and Milk (3rd choice—PB & J)	8 <u>BBQ Chicken</u> or <u>Beef Nuggets</u> w/ Roll, Yellow Rice, Green Beans, Sweet Potato Casserole, Orange Sherbet, Applesauce and Milk (3rd choice—Turkey & Cheese Sandwich)	9 <u>Cheese Pizza</u> or <u>Fish Sandwich</u> w/ Garden Salad, Buttery Corn, Fresh Grapes, Broccoli Salad and Milk (3rd choice—PB & J)
12 <u>Hot Dog with Chili and French Fries</u> or <u>Oriental Chicken Bowl with Stir Fried Veggies</u> w/ Cole Slaw, Waldorf Fruit Salad, Rosy Applesauce and Milk (3rd choice—PB & J)	13 <u>Chef Salad Meal</u> or <u>Cheeseburger with lettuce and tomato</u> w/ Buttery Corn, Baked Beans, Peach Cobbler and Milk (3rd choice—Turkey & Cheese Sandwich)	14 <u>Spaghetti with Garlic Bread</u> or <u>Chicken Filet Sandwich</u> w/ Garden Salad, Baked Potato, Waldorf Fruit Salad, Orange Wedges and Milk (3rd choice—PB & J)	15 <u>Fried Chicken</u> or <u>Beef Nuggets</u> w/ Roll, Rice & Gravy, Green Beans, Carrots, Buttery Corn, Cherry Fruit Icee and Milk (3rd choice—Ham sandwich)	16 <u>Sausage Pizza</u> or <u>Ham & Cheese Wrap</u> w/ Garden Salad, Corn on the Cob, Waldorf Fruit Salad, Pineapple Chunks and Milk (3rd choice—PB & J)
19 <u>Chicken Nuggets & Roll</u> or <u>Hot Ham & Cheese Sandwich</u> w/ Mashed Potatoes, Stir Fried Veggies, Mixed Fruit, Fresh Carrot Sticks and Milk (3rd choice—PB & J)	20 <u>Smoked Sausage & Cornbread</u> or <u>Chicken Cheese Wrap with lettuce & tomato</u> w/ Steamed Cabbage, Macaroni & Cheese, Candied Apple Wedges, Rosy Applesauce and Milk (3rd choice—Ham sandwich)	21 <u>Beef Tacos</u> or <u>Chicken Filet Sandwich</u> w/ lettuce, tomato & cheese, Baked Potato, Diced Peaches, Fresh Carrot Sticks and Milk (3rd choice—PB & J)	22 <u>Baked Chicken & Roll</u> or <u>Beef Nuggets</u> w/ Rice & Gravy, Steamed Broccoli, Sweet Potato Sticks, Lime Sherbet, Diced Pears and Milk (3rd choice—Turkey & Cheese Sandwich)	23 <u>Cheese Pizza</u> or <u>Fish Sticks</u> w/ Garden Salad, Buttery Corn, Fresh Carrot Sticks, Banana and Milk (3rd choice—PB & J)
26 <u>Cheeseburger with lettuce & tomato</u> or <u>Chicken Salad with Crackers</u> w/ French Fries, Cucumber & Carrot Coins, Orange Wedges, Fruit Cocktail and Milk (3rd choice—PB & J)	27 <u>Oriental Beef Bowl</u> or <u>Chicken Filet Sandwich with lettuce and tomato</u> w/ Buttery Corn, Green Peas, Apple Crisp and Milk (3rd choice—Turkey & Cheese Sandwich)	28 <u>Chef Salad Meal</u> or <u>Ham, Turkey & Cheese Sub</u> w/ lettuce, tomato & cheese, Baked Potato, Carrot & Cucumber Coins, Fresh Grapes and Milk (3rd choice—PB & J)	29 <u>Fried Chicken</u> or <u>Meatloaf</u> w/ Roll, Brown Rice, Green Beans, Candied Yams, Cherry Fruit Icee, Pineapple Chunks and Milk (3rd choice—Ham sandwich)	30 Student Holiday