

October 2009



Middle & High School

FULL LINE

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Mon	Tue	Wed	Thu	Fri
			1 <u>Fried or Baked Chicken w/ Roll</u> , Brown Rice, Green Bean Casserole, Spiced Carrots, Diced Peaches and Milk	2 <u>Chicken Chimichangas</u> w/ Lettuce & Tomato, Corn on the Cob, Broccoli Salad, Waldorf Fruit Salad and Milk
5 <u>Chicken Nuggets & Roll w/ Mashed Potatoes & Gravy</u> , Corn, Three Bean Salad, Diced Peaches and Milk	6 <u>Chicken Alfredo w/ Field Peas</u> , Steamed Broccoli, Fruity Jello, Roll and Milk	7 <u>Beef Nachos w/ lettuce</u> , cheese and tomato, Buttery Corn, Three Bean Salad, Candied Apple Wedges and Milk	8 <u>Fried Chicken w/ Roll</u> , Rice & Gravy, Green Beans, Steamed Cabbage, Orange Sherbet, and Milk	9 <u>Oriental Beef Bowl</u> w/ Stir Fried Veggies, Buttery Corn, Rosy Applesauce and Milk
12 <u>Chicken Nuggets & Roll w/ Scalloped Potatoes</u> , Steamed Broccoli, Fresh Carrot Sticks, Candied Apple Wedges and Milk	13 <u>Smoked Sausage w/ Macaroni and Cheese</u> , Turnip Greens, Green Peas, Rosy Applesauce, Cornbread and Milk	14 <u>Ham, Potato & Broccoli Casserole w/ Garden Salad</u> , Succotash, Fresh Carrot Sticks, Peach Cobbler, Garlic Bread and Milk	15 <u>Fried or Baked Chicken w/ Roll</u> , Yellow Rice, Green Lima Beans, Candied Yams, Banana and Milk	16 <u>Hamburger Steak w/ Mashed Potatoes & Gravy</u> , Green Beans, Roll, Pineapple Chunks and Milk
19 <u>Chicken Nuggets & Roll w/ Mashed Potatoes & Gravy</u> , Mixed Vegetables, Candied Apple Wedges, Cucumber & Tomato Salad and Milk	20 <u>Oriental Beef Bowl w/ Stir Fried Vegetables</u> , Fried Okra, Fruity Jello and Milk	21 <u>Beef Tacos</u> w/ lettuce, tomato & cheese, Corn on the Cob, Diced Peaches, Cucumber & Tomato Salad and Milk	22 <u>Fried Chicken & Roll w/ Rice & Gravy</u> , Green Beans, Potato Salad, Lime Sherbet and Milk	23 <u>Chili Stuffed Baked Potato w/ Cucumber & Tomato Salad</u> , Steamed Broccoli, Fresh Fruit Cup, Crackers and Milk
26 <u>Chicken Nuggets w/ Scalloped Potatoes</u> , Steamed Broccoli, Rosy Applesauce, Roll and Milk	27 <u>Chicken Pot Pie w/ Green Beans</u> , Fried Squash, Broccoli Salad, Orange Wedges, Roll and Milk	28 <u>Spaghetti w/ Garden Salad</u> , Buttery Corn, Apple Crisp, Garlic Bread and Milk	29 <u>Fried or Baked Chicken w/ Roll</u> , Brown Rice, Green Bean Casserole, Spiced Carrots, Diced Peaches and Milk	30 Student Holiday