



October Lunch Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2 Chicken Teriyaki w/ Broccoli Rice and Fresh Fruit	3 Taco Tuesday! Ground Turkey Corn Tortillas w/ Lettuce, Tomatoes, Cheese and Fresh Fruit	4 Turkey Spaghetti w/ Marinara Sauce Salad and Fresh Fruit	5 Italian Bagels w/ Bell Peppers and Cheese and Garden Salad	6 Homemade Mac and Cheese w/ Broccoli Wheat Bread and Fresh Fruit
9 BBQ Chicken w/ Rice and Corn Fresh Fruit	10 Turkey and Cheese Sandwiches w/ Lettuce and Tomato Fresh Fruit	11 Cheese Tortellini w/ Marinara Salad & Wheat Garlic Bread	12 Turkey Burger on Whole Wheat Bun w/ Lettuce, Tomatoes, and Cheese Fresh Fruit	13 Grilled Cheese on Whole Wheat Bread Cucumber & Tomato Salad
16 Turkey Spaghetti w/ Marinara Sauce Salad and Fresh Fruit	17 Taco Tuesday! Seasoned Chicken Corn Tortillas w/ Lettuce, Tomatoes, Cheese Fresh Fruit	18 Italian Bagels w/ Bell Peppers and Cheese Garden Salad Fresh Fruit	19 Chicken Primavera w/ Carrots & Broccoli Fresh Fruit	20 Turkey and Cheese Sandwiches w/ Lettuce and Tomato Fresh Fruit
23 Spaghetti w/ Marinara Sauce and Veggies Wheat Garlic Bread Fresh Fruit	24 BBQ Chicken w/ Rice and Corn Fresh Fruit	25 Herb Roasted Chicken w/ Country Potatoes Fresh Fruit	26 Grilled Cheese on Whole Wheat Bread Cucumber & Tomato Salad	27 Cheese Tortellini w/ Marinara Sauce Fresh Fruit & Wheat Garlic Bread
30 Chicken Teriyaki w/ Broccoli Rice Fresh Fruit	31 Taco Tuesday! Ground Turkey Corn Tortillas w/ Lettuce, Tomatoes, Cheese Fresh Fruit			



- Water is served with every meal and is our **primary** source of beverage.
- All meals are served Family Style
- A half serving of a fruit and a vegetable is served with every meal.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.