

# October 2019

Mon	Tue	Wed	Thu	Fri
	<u>1</u> <b>Lunch</b> Sandwich Meal Beef Tacos Meal Pasta Meal red sauce plain Salad Meal	<u>2</u> <b>Lunch</b> Sandwich Meal Pasta Meal red sauce plain Salad Meal Sweet Sour Popcorn Chicken	<u>3</u> <b>Lunch</b> Sandwich Meal	<u>4</u> <b>Lunch</b> Sandwich Meal Cheese Pizza Meal Pasta Meal red sauce plain Salad Meal
<u>7</u> <b>Lunch</b> Sandwich Meal Pancakes/Eggs/Sausage Meal Pasta Meal red sauce plain Salad Meal	<u>8</u> <b>Lunch</b> Sandwich Meal Pasta Meal red sauce plain Salad Meal Sweet Chili/Cornbread Meal	<u>9</u> <b>Lunch</b> Sandwich Meal Chicken /Mac n Cheese Meal Pasta Meal red sauce plain Salad Meal	<u>10</u> <b>Lunch</b> Sandwich Meal Pasta Meal red sauce plain Salad Meal Stuffed Shells/Meatball Meal	<u>11</u> <b>Lunch</b> Sandwich Meal Cheese Pizza Meal Pasta Meal red sauce plain Salad Meal
<u>14</u>	<u>15</u> <b>Lunch</b> Sandwich Meal Chicken Burrito Meal black bean rice Pasta Meal red sauce plain Salad Meal	<u>16</u> <b>Lunch</b> Sandwich Meal Grilled Cheese/Soup Meal Pasta Meal red sauce plain Salad Meal	<u>17</u> <b>Lunch</b> Sandwich Meal Grilled Chicken Sandwich Meal Pasta Meal red sauce plain Salad Meal	<u>18</u> <b>Lunch</b> Sandwich Meal Cheese Pizza Meal Pasta Meal red sauce plain Salad Meal
<u>21</u> <b>Lunch</b> Sandwich Meal Cheese Pizza Meal French toast/ eggs meal Pasta Meal red sauce plain Salad Meal	<u>22</u> <b>Lunch</b> Sandwich Meal Pasta Meal red sauce plain Salad Meal Turkey Taco Meal brown rice	<u>23</u> <b>Lunch</b> Sandwich Meal Pasta Meal red sauce plain Pulled Pork/Mac n Cheese Meal Salad Meal	<u>24</u> <b>Lunch</b> Sandwich Meal Meatball Sandwich Meal Pasta Meal red sauce plain Salad Meal	<u>25</u> <b>Lunch</b> Sandwich Meal Cheese Pizza Meal Pasta Meal red sauce plain Salad Meal
<u>28</u> <b>Lunch</b> Sandwich Meal Pasta Meal red sauce plain Salad Meal Scrambled Egg/Hashbrown Meal	<u>29</u> <b>Lunch</b> Sandwich Meal Beef Tacos Meal Pasta Meal red sauce plain Salad Meal	<u>30</u> <b>Lunch</b> Sandwich Meal Cheeseburger Meal Pasta Meal red sauce plain Salad Meal	<u>31</u> <b>Lunch</b> Sandwich Meal Chicken Fajita Bowl Meal corn & black beans Pasta Meal red sauce plain Salad Meal	