

October 2010 School Meals Program Menu

Student: _____ Room No.: _____ Teacher: _____

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cold Plate (Turkey, ham, lettuce, cheese and bun) or Chicken Salad Sandwich Milk, fruit and yogurt
4 Veggie and cheese wrap or Turkey Sandwich Milk, fruit and yogurt	5 Chef Salad and bun or Tuna Sandwich Chocolate milk, fruit and granola bar	6 Cold Plate or Turkey Sandwich White milk, fruit and veggies	7 Burrito or Roast beef sandwich Chocolate milk, fruit and yogurt	8 Pizza Sub or Egg Salad Sandwich White milk, fruit and granola bar
11 Thanksgiving Day School Closed	12 Roast beef or Tuna Sandwich Juice, fruit and yogurt	13 Chef Salad and bun or Turkey Sandwich White milk, fruit and granola bar	14 Pork and Cheese Wrap or Egg Sandwich Juice, fruit and pudding	15 Salmon Sandwich or Turkey Sandwich Chocolate milk, fruit and yogurt
18 Italian Quesadillas or cold plate White milk, fruit and granola bar	19 Chicken Wrap or Pizza Sub White milk, fruit and pudding	20 Pasta Salad or Turkey Sandwich Chocolate milk, fruit and yogurt	21 Burrito or Roast Beef Sandwich White milk, fruit and granola bar	22 Non-Instructional Day School Closed
25 Pizza Mini Sub or Tuna Sandwich White milk, fruit and pudding	26 Turkey Sandwich or Salmon and Cheese Sandwich Milk, fruit and yogurt	27 Roast Beef Mini Sub or Chicken Salad Sandwich Juice, fruit and yogurt	28 Egg Salad or Chicken Wrap White milk, fruit and pudding	29 Pork and Cheese or Roast Beef Sandwich White Milk, fruit and granola bar

Parent's Signature: _____

Menus are due to the office no later than Tuesday, September 21, 2010