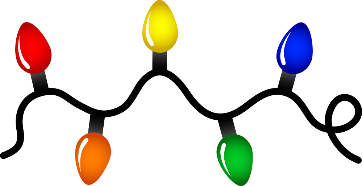
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**OCTOBER LUNCH MENU**

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| --- | --- | --- | --- | --- |
| *MONDAY* | *TUESDAY* | *WEDNESDAY* | *THURSDAY* | *FRIDAY* |
| **NO PORK SERVED ON THIS MENU**  **WG= WHOLE GRAIN**  **LS=LOW SODIUM**  **TOSSED SALAD= ROMAINE AND SPINACH AND SOME ICEBERG BLEND** |  |  |  |  |
| **3**  **Pancake Sausage on Stick**  **Sliced Cucumbers**  **Syrup**  **WG Muffin**  **Fruit**  **Milk** | **4**  **Chicken Patty on WG Bun**  **Broccoli**  **Carrots**  **Fruit**  **Milk** | **5**  **Beef Tacos on Tortilla**  **Lettuce/Cheese/Sour Cream**  **Taco Sauce**  **Refried Beans**  **Fruit**  **Milk** | **6**  **Cheese Calzone**  **Romaine Salad w/Dressing**  **Broccoli**  **Fruit**  **Milk** | **7**  **Corn Dogs**  **Green Beans**  **Cubed Potatoes**  **Fruit**  **Milk** |
| **10**  **Italian Dunkers**  **Marinara Sauce**  **Cauliflower**  **Fruit**  **Milk** | **11**  **Beef Hot Dog**  **Coleslaw**  **Veg. Baked Beans**  **Fruit**  **Milk** | **12**  **Lasagna Rollup**  **Broccoli**  **WG Breadstick**  **Fruit**  **Milk** | **13**  **Grilled Chicken Breast**  **Steamed Corn**  **Carrot**  **WG Dinner Roll**  **Fruit**  **Milk** | **14**  **Cheese Calzone**  **Romaine Salad w/Dressing**  **Cucumbers**  **Fruit**  **Milk** |
| **17**  **Chicken Nuggets**  **BBQ Sauce**  **Celery Sticks**  **Grape Tomatoes**  **Fruit**  **Milk** | **18**  **Beef Cheeseburger on WG Bun**  **Ketchup/Mustard**  **Coleslaw**  **Veg. Baked Beans**  **Fruit**  **Milk** | **19**  **Orange Chicken**  **Brown Rice Pilaf**  **Snap Peas & Carrots**  **Fruit**  **Milk** | **20** | ***21*** |
| **24**  **Italian Cheese Sticks**  **Marinara Sauce**  **Broccoli w/Ranch**  **Fruit**  **Milk** | **25**  **Mini Corn Dogs**  **Mixed Vegetables**  **Romaine Salad w/Dressing**  **Fruit**  **Milk** | **26**  **Turkey Sandwich w/Cheese**  **Celery Sticks**  **Carrots w/Ranch**  **Fruit**  **Milk** | **27**  **Bean & Cheese Burrito**  **Cucumbers**  **Tortilla Chips & Salsa**  **Fruit**  **Milk** | ***28***  **Cheese Calzone**  **Romaine Salad w/Dressing**  **Cauliflower**  **Fruit**  **Milk** |

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