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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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