

October 2018 Lunch Menu: The Sprouts, Super Stars & Lil Garteners



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 1	30 2	31 3	4	5
Meatball Marinara Rotini Pasta Broccoli Apple WG House-Made Dinner Roll 1% Milk	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla 1% Milk	Chicken Nuggets House-Made BBQ Dip Cucumber Slices House-Made Ranch Dip Honeydew WG House-Made Bread 1% Milk	Salisbury Meatballs Diced Sweet Potatoes Corn Orange WG House-Made Bread 1% Milk	Cheese Ravioli in Marinara Sauce Tossed Salad House-Made Italian Dressing Watermelon WG House-Made Bread 1% Milk
8	9	10	11	12
Crispy Chicken Steamed Rice QC Vegetable Blend Orange WG House-Made Dinner Roll 1% Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Refried Beans Spanish Brown Rice Banana Corn Tortilla Chips 1% Milk	Chicken & Cheese Sandwich Sliced Chicken Breast & Cheese on WG House-Made Bread Carrot Sticks Fresh Pear Individual Pretzels Mayo 1% Milk	Hamburger Au Jus House-Made Ketchup Tater Tots Apple WG House-Made Bun 1% Milk	Chicken Patty Sandwich House-Made BBQ Sauce Cucumber Slices House-Made Ranch Dip Honeydew WG House-Made Bun 1% Milk
15	16	17	18	19
Baked Mostaccioli Cauliflower Apple WG House-Made Dinner Roll 1% Milk	Chicken Quesadilla QC Vegetable Blend Banana 1% Milk	Swedish Meatballs Steamed Rice Broccoli Watermelon WG House-Made Bread 1% Milk	Chicken & Country Gravy Green Beans Herbed Potatoes Pear WG House-Made Bread 1% Milk	Macaroni & Cheese Fresh Broccoli House-Made Ranch Dip WG House-Made Bread 1% Milk
22	23	24	25	26
Creamy Italian Chicken Rotini Pasta Green Beans Orange WG House-Made Dinner Roll 1% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla 1% Milk	BBQ Meatballs Rotini Pasta Broccoli Pineapple WG House-Made Corn Bread 1% Milk	Popcorn Chicken House-Made BBQ Dip Cucumber Slices House-Made Ranch Dip Apple WG House-Made Bread 1% Milk	Meatball Bomber Sandwich Mozzarella Cheese Tossed Salad House-Made Italian Dressing Pear WG House-Made Sub Bun 1% Milk