



PANGBURN



OCTOBER LUNCH 2018

Monday	TUESDAY	Wednesday	Thursday	Friday
1 Hamburger French fries Lett/tom/pickle Mayo/must/ketchup Diced pears	2 Chicken fajita /cheese Lettuce/tom/salsa Pinto beans Orange smiles Wacky cake	3 Steak fingers w/roll Mashed potatoes & gravy Black eyed peas Tossed salad w/ranch Frozen fruit cup	4 Cheesy beefy nachos Seasoned green beans Tossed salad w/ranch Applesauce	5 Celebrate world smile day! Deli turkey sandwich on goldfish smiley pita bread Let/tom/pickle/ Smiley fries Smile cookie/orange smiles
8 Breaded chicken sandwich Sweet potato waffle fries Let/tom/pickle Mayo/must/pickle Fresh fruit cup	9 Baked ham Mac & cheese Cornbread & Black eyed peas Spring salad w/ranch Frozen fruit cup	10 Mini corndogs Pinto beans Cooked carrots Fruit cocktail Cookie	11 "breakfast for lunch" Sausage Scrambled eggs Biscuit & gravy Hash brown Juice / red bell pepper	12 Crispito Cheese toast Tossed salad w/ranch Seasoned Green beans Applesauce cups
15 Corndog w/mustard Corn on a cob Black eyed peas Fruit cocktail	16 Stromboli Green beans Seasoned carrots Apple slices w/ Carmel	17 Popcorn chicken / hot roll Broccoli w/ cheese sauce Tossed salad w/ranch Diced peaches	18 Chili w/crackers Cinnamon roll Raw vegetable strips/ ranch Frozen fruit cup	19 Hotdog /Relish/ mustard French fries Cole slaw Fresh fruit cup Rice Krispy treat
22 Mexican chicken Spring salad w/ranch Tuscany mixed vegetables Orange wedges /Cookie	23 Chicken nuggets/Hot roll Sweet potato crunch Green beans Strawberry cups	24 Steak tornados/cheese toast Baked beans Raw veg. strips/ranch Diced peaches	25 Cherry chicken/ Rice Peas & carrots Spring salad w/ranch Applesauce cup	26 Fish sticks /hush puppies French fries /ketchup Cole slaw/pickle spear Fruit cocktail
29 Chicken tenders w/sauce FF elem. Baked potato HS Seasoned carrots Red & green grapes	30 Pepperoni pizza Tossed salad w/ ranch Mixed vegetables Fresh fruit cup	31 Beef tacos w/cheese Let/tom/salsa/ Refried beans Pumpkin pretzel Frozen pumpkin cup Jack O lantern cookie MILK EVERYDAY WITH MEAL		

All grain foods are 50% whole grain to meet USDA regulations. USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER!