



OCTOBER | 2018

MARIAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Pork Sandwich 1 ea Corn 1 c Cauliflower 1c Fruit 1 c	2 Marco's Pizza 1 ea Salad 1 c Carrots 1 c Fruit 1 c	3 Mini Corn Dogs 6 ea Baked Beans ½ c Green Beans 1c Fruit 1 c	4 Fajitas 1 ea Rice ½ c Onions/peppers ¼ c Lettuce ¼ c Cheese/sour cream 1 oz Fruit 1 c	5 Fish Sandwich 1 ea Broccoli 1 c Fruitable 1 ea Fruit ½ c
8 Cheeseburger 1 ea Tater tots 6 ea Green Beans ½ c Fruit ½ c	9 Stuffed Pizza 1 ea Salad 1 c Carrots 1 c Fruit 1 c	10 PSAT NO LUNCH	11 Turkey and Noodles 4 oz Mashed potatoes ½ c Corn 1 c Fruit 1 c	12 Cheese Quesadilla 1 ea Black Bean Salsa ½ c Tostitos 1 ea Cauliflower 1 c Fruit 1 c
15 Chicken Patty 1 ea Lettuce/tomato ½ c Corn 1 c Fruit 1 c	16 Bruno's pizza 1 ea Salad 1 c Cauliflower 1 c Fruit 1 c	17 SERVICE DAY NO LUNCH	18 Gen Tso 2 oz Rice ½ c Broccoli 1 c Fruit 1 c	19 Pasta Primavera 6 oz Spinach Salad 1 c Bread stick 1 ea Fruit 1 c
22 French Toast 3 ea Sausage links 2 ea Tater tots 6 ea Juice 1 ea Fruit ½ c	23 Turkey Sandwich 1 ea Carrots 1 c Doritos 1 ea Fruitable 1 ea Fruit 1 c	24 Mostacioli 4 oz Spinach 1 c Corn 1 c Fruit 1 c	25 Bruno's Pizza 1 ea Salad 1 c Cucumbers 1c Fruit 1 c	26 Fall Break
29 Bratwurst 1 ea Potato salad ½ c Sauerkraut ½ c Green beans 1c Fruit 1c	30 Tacos 1 ea Refried Beans ½ c Lettuce/tomatoes ½ c Cheese/sour cream 1 oz Fruit ½ c	31 Chicken Strips 3 ea Mashed potatoes ½ c Corn 1c Fruit 1c		

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