

Menands School Lunch Menu - October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 FT Sticks/Tky Sausage <u>OR</u> BBQ Chix Wrap Roasted Cauliflower Mixed Veggies Raisins	3 Turkey Taco <u>OR</u> Teriyaki Chicken Brown Rice/Black Beans Stir Fry Veggies Cinnamon Applesauce	4 Chicken Tenders <u>OR</u> Pulled Pork Sandwich Crispy Chickpeas Carrots Mandarin Oranges	5 Turkey & Gravy <u>OR</u> Jerk Chix Wrap Rst Garlic Mashers WG Biscuit/Broccoli Peaches	6 Stuffed Crust Pizza <u>OR</u> Tuna Wrap Cuke-Tomato Salad Tossed Salad Mixed Fruit
9 NO SCHOOL COLUMBUS DAY	10 Chix Quesadilla Pizza <u>OR</u> Beef&Bean Burrito Corn Northern Beans Pears	11 Chicken Patty <u>OR</u> BBQ Chicken Wrap Peas Carrots Pineapple	12 Cheeseburger <u>OR</u> Fish Sandwich Oven Fries Rst Brussels Sprouts Strawberry Applesauce	13 Sheet Pizza <u>OR</u> Egg Salad Wrap Celery Sticks Crispy Chickpeas Mandarin Oranges
16 Tangerine Chicken <u>OR</u> BBQ Chix Wrap Brown Rice/Carrots Stir Fry Veggies Peaches	17 Grilled Cheese <u>OR</u> Pulled Pork Grilled Chz Tomato Soup Chickpea Salad Raisins	18 Popcorn Chicken <u>OR</u> Fish Sticks Mixed Veggies Green Beans Mixed Fruit	19 Turkey Hot Dog <u>OR</u> Chicken Salad Wrap Curly Fries Roasted Cauliflower Pears	20 Cheese Pizza <u>OR</u> Grilled Ham&Cheese Tossed Salad Kale Chips Pineapple
23 Cheeseburger <u>OR</u> Italian Turkey Wrap Sweet Potato Fries Green Beans Mango Applesauce	24 Rotini & Meatballs <u>OR</u> Chix Caesar Wrap Cuke-Tomato Salad Broccoli Mandarin Oranges	25 Chicken Tenders <u>OR</u> Tuna Melt Tater Tots Mixed Veggies Peaches	26 Sweet Chili Chicken <u>OR</u> Fish Sandwich Brown Rice/Carrots Stir Fry Veggies Raisins	27 Parents Welcome Personal Pan Pizza <u>OR</u> Jerk Chix Wrap Roasted Beets Crispy Chickpeas Mixed Fruit
30 Chix Quesadilla Pizza <u>OR</u> Beef&Bean Burrito Corn Black Beans Pears	31 Chicken Fajita <u>OR</u> Egg Salad Sandwich Carrots Roasted Cauliflower Pineapple			

Student Lunch
\$2.25
Adult Lunch
\$3.50 + tax
Milk \$.60
Menu subject
to change

Available Daily:
Veggie Burger

Chef Salad

PBJ or
Cheese Sandwich

Fresh Fruit or
100% Fruit Juice

Fat-free Chocolate
or Strawberry,
Skim, or 1% Milk

Don't forget to sign up for Myschoolbucks.com -
Online credit/debit payments, monitor account balance,
and email low-balance notifications.

Please contact Michael Tehan (Head Cook) with any
questions or concerns - 465-4561 ext. 110
or mtehan@menands.org