

OCTOBER

MEADOWBROOK LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		OCTOBER IS NATIONAL APPLE MONTH THE LARGEST U.S. APPLE CROP WAS 277.3 MILLION CARTONS IN 1998	ONE OF GEORGE WASHINGTON'S HOBBIES WAS PRUNING HIS APPLE TREES.	1 BREAK
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
4 WORKDAY	5 TURKEY POT PIE WITH CARROTS AND PEAS ²⁹ OR HAMBURGER ²⁶ Lettuce ¹ and Tomato ¹ Pickles ⁰ Mashed Potatoes ¹⁴ Pear Halves ¹⁸	6 BAKED ZITI ³⁰ W/GARDEN SALAD ⁵ AND BREADSTICK ¹⁹ OR MINI CORN DOGS ³¹ Broccoli Spears ⁴ Whole Strawberries ⁷	7 GRILLED CHEESE ³⁴ OR HAM AND CHEESE SANDWICH ³² Tomato Soup ¹⁹ Carrot and Cucumber Stix ⁸ w/dip ² Scrabble Cheez Its ¹⁴	8 PEPPERONI PIZZA ³⁵ OR FISH SANDWICH ⁴⁵ W/TARTAR SAUCE ⁴ Green Peas ¹⁶ Corn on the Cob ¹⁹ Diced Apricot ¹⁹
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
11 CHEF BOYARDEE RAVIOLI ⁴³ W/GARDEN SALAD ² AND BREADSTICK ¹⁹ OR CHEESEBURGER ²⁶ Lettuce ¹ and Tomato ¹ Straight Cut Fries ¹⁶	12 BREAKFAST FOR LUNCH Sausage ⁴ or Chicken ⁷ w/eggs ¹ Biscuit ²² and Gravy ¹⁰ or Pancakes ²⁷ w/syrup ¹⁸ Applesauces- ³⁰ u- ¹² Tater Tots ²⁰	13 CHICKEN RINGS ¹³ SALISBURY STEAK ¹¹ Mashed Potatoes ¹⁴ Green Beans ⁵ Hot Yeast Roll ²⁰ NC Jonagold Apple ¹⁹	14 CHICKEN FAJITA ¹⁷ OR CHALUPA ²¹ Shredded Lettuce ¹ Diced Tomato ¹ Salsa ⁴ & Sour Cream ² Whole Kernel Corn ¹⁹ Diced Apricots ¹⁶	15 CHEESE PIZZA ³⁵ OR RIB-B-Q ON BUN ³⁴ Pickles ⁰ Broccoli Spears ⁴ w/cheese sauce ¹⁰ NC Kennebec Baked Potato ³⁶
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
18 CHICKEN NUGGETS ¹⁰ OR HAMBURGER ²⁶ Lettuce ¹ and Tomato ¹ Green Beans ⁵ Mashed Potatoes ¹⁴ Hot Yeast Roll ²⁰	19 SPAGHETTI ²⁹ W/GARDEN SALAD ⁵ AND BREADSTICK ¹⁹ OR CHICKEN FILLET ²⁵ Lettuce ¹ and Pickles ⁰ Steamed Carrots ⁶ Peach Slices ¹⁶	20 MAC N CHEESE ²⁶ W/ GRILLED FRANKS ² OR SLICED HAM ⁰ Pinto Beans ²⁰ Steamed Cabbages ⁵ Stewed Tomatoes ⁵ Onions ³ and Cornbread ³¹	21 GRILLED CHEESE ³⁴ OR PBJ SANDWICH ⁴¹ Tomato Soup ¹⁹ Carrot and Cucumber Stix ⁸ w/dip ² Scrabble Cheez Its ²⁸ Whole Strawberries ⁷	22 TACO'S ²⁵ OR CHICKEN FAJITA ¹⁷ Shredded Lettuce ¹ Diced Tomato ¹ Salsa ⁴ , Sour Cream ² , Cheese Whole Kernel Corn ¹⁹
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
25 CHEESE PIZZA ³⁵ OR FRUIT AND YOGURT PLATE ⁵¹ W/BUG BITE GRAHAM CRACKERS ²² Broccoli Spears ⁴ NC Apple ¹⁹	26 BREAKFAST FOR LUNCH Sausage ⁴ or Chicken ⁷ w/eggs ¹ Biscuit ²² and Gravy ¹⁰ or Pancakes ²⁷ w/syrup ¹⁸ Applesauce s- ³⁰ u- ¹² Tater Tots ²⁰	27 BBQ DINNER ¹¹ OR FISH TREASURES ¹⁶ Cole Slaw ¹⁰ Corn on the Cob ¹⁹ Hushpuppies ¹² Rice Krispie Treats ⁸	28 BAKED ZITI ²⁹ W/GARDEN SALAD ² AND BREADSTICK ¹⁹ OR MINI CORN DOGS ³¹ Broccoli Spears ⁴ Fresh NC Red Delicious Apple ¹⁹	HAUNTING HAMBURGER ²⁶ OR MUMMIE DOG W/CHILI ²⁵ Lurking Lettuce ¹ Terrified Tomatoes ¹ Frightening Fries ¹⁹ Ghostly Green Beans ⁵ Spooky Cupcake ³⁸
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				

Subject to change.

“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”