

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 OR HAMBURGER Lettuce and Tomato Pickles Mashed Potatoes Pear Halves	6 BAKED ZITI W/GARDEN SALAD AND BREADSTICK OR MINI CORN DOGS Broccoli Spears Whole Strawberries	7 GRILLED CHEESE OR HAM AND CHEESE SANDWICH Tomato Soup Carrot and Cucumber Stix w/dip Scrabble Cheez Its	8 PEPPERONI PIZZA OR FISH SANDWICH W/TARTAR SAUCE Green Peas Corn on the Cob Diced Apricot
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
11 CHEF BOYARDEE RAVIOLI W/GARDEN SALAD AND BREADSTICK OR CHEESEBURGER Lettuce and Tomato Straight Cut Fries Fresh NC Rome Apple	12 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tots	13 CHICKEN RINGS SALISBURY STEAK Mashed Potatoes Green Beans Hot Yeast Roll NC Jonagold Apple	14 CHICKEN FAJITA OR CHALUPA Shredded Lettuce Diced Tomato Salsa and Sour Cream Whole Kernel Corn Diced Apricots	15 CHEESE PIZZA OR RIB-B-Q ON BUN Pickles Broccoli Spears w/cheese sauce NC Kennebec Baked Potato
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
18 CHICKEN NUGGETS OR HAMBURGER Lettuce and Tomato Green Beans Mashed Potatoes Hot Yeast Roll	19 SPAGHETTI W/GARDEN SALAD AND BREADSTICK OR CHICKEN FILLET Lettuce and Pickles Steamed Carrots Peach Slices	20 MAC N CHEESE W/GRILLED FRANKS OR SLICED HAM Pinto Beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread	21 GRILLED CHEESE OR PBJ SANDWICH Tomato Soup Carrot and Cucumber Stix w/dip Scrabble Cheez Its Whole Strawberries	22 TACO's OR CHICKEN FAJITA Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
25 CHEESE PIZZA OR FRUIT AND YOGURT PLATE W/BUG BITE GRAHAM CRACKERS Broccoli Spears NC Apple	26 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tots	27 BBQ DINNER OR FISH TREASURES Cole Slaw Corn on the Cob Hushpuppies Rice Krispie Treat	28 BAKED ZITI W/GARDEN SALAD AND BREADSTICK OR MINI CORN DOGS Broccoli Spears Fresh NC Red Delicious Apple	HAUNTING HAMBURGER OR MUMMIE DOG W/CHILI Lurking Lettuce Terrified Tomatoes Frightening Fries Ghostly Green Beans Spooky Cupcake
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.”