

OCTOBER

MIDDLE AND HIGH 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 CHICKEN TENDERS Mashed Potatoes Green Beans Honey Wheat Roll Whole Strawberries
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
4 TACO DAY TACO's Shredded Lettuce Diced Tomato Salsa, Sour Cream, Cheese Whole Kernel Corn Spicy Fries	5 TURKEY POT PIE WITH CARROTS AND PEAS Ovenable Okra Southern Style Biscuit Spiced Apples	6 BAKED ZITI W/GARDEN SALAD AND BREADSTICK Normandy Blend Veggies Peach Slices	7 GRILLED HAM AND SPICY CHEESE SANDWICH Tomato Soup Garden Salad Scrabble Cheez Its	8 FISH SANDWICH W/ TARTAR SAUCE Green Peas Corn on the Cob Diced Apricots
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
11 CHEF BOYARDEE RAVIOLI W/GARDEN SALAD AND BREADSTICK 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 Tot's	13 BAKED HAM Sweet Potatoes Broccoli Casserole Honey Wheat Roll NC Fresh Apple	14 CHICKEN POMODORO W/BREADSTICK Steamed Carrots Garden Salad Diced Apricots	15 SEAFOOD BASKET W/HUSHPUPPIES Cole Slaw Corn on the Cob NC Kennebec Baked Potato
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE				
18 SPICY CHICKEN CHUNKS Broccoli Spears w/Cheese Sauce Waffle Fries	19 BAKED ZITI W/GARDEN SALAD AND BREADSTICK Steamed Carrots Whole Strawberries	20 MAC N CHEESE W/LITTLE SMOKIES Pinto Beans Steamed Cabbage Stewed Tomatoes Onions and Cornbread	21 SOFT CHEESE FILLED BREADSTICKS Caesar Salad NC Kennebec Baked Potato	WORKDAY 
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1%UNFLAVORED OR SKIM MILK/FRESH FRUIT				
ANNUAL LEAVE 	26 BREAKFAST FOR LUNCH Sausage or Chicken w/eggs Biscuit and Gravy or Pancakes w/syrup Applesauce Tater Tot's	27 SANTE FE CHICKEN PASTA W/BREAD Whole Kernel Corn Black Beans Diced Apricots	28 TURKEY POT PIE WITH CARROTS AND PEAS Ovenable Okra Southern Style Biscuit Spiced Apples	29 HAUNTING HAMBURGER Lurking Lettuce Terrified Tomatoes Frightening Fries Ghostly Green Beans HALLOWEEN CAKE
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.”