

OCTOBER

MEADOWBROOK LUNCH With Carb Counts

Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>3 ROASTED CHICKEN 1 OR CHEESEBURGER 32.5 Lettuce .5 and Tomato 1 Mashed Potatoes 20 Green Beans 3 Yeast Roll 20 Sliced Peaches 12</p> | <p>4 BREAKFAST FOR LUNCH Chicken 13 or Sausage 0 w/ eggs 0 Pancakes 26 w/syrup 20 or Biscuit 22 and Gravy 9 Tater Tots 18 Applesauce 15</p> | <p>5 BAKED HAM 0 OR TURKEY ROAST 1 w/gravy 6 Sweet Potato Souffle 58 Broccoli Casserole 14 Honey Wheat Roll 20 Pear Halves 24</p> | <p>6 BEEF TACOS 26 OR CHICKEN SOFT TACOS 36 Lettuce .5 and Tomato 1 Salsa 4, Sour Cream 2 and Cheese 0 Corn 18 Refried Beans 20 Pineapple Tidbits 19</p> | <p>7 FISH SANDWICH 45 OR PEPPERONI PIZZA 39 Baked Potato 16 Broccoli Spears 4 w/cheese 0 Mixed Fruit 18</p> |
| <p>10 ASIAN CHICKEN 19 W/RICE 35 AND BROCCOLI 4 OR RIB-B-QUE 47 Pickles 0 Straight Cut Fries 16 Pineapple 19 Fortune Cookie 9</p> | <p>11 CHICKEN NUGGETS 12 OR SALISBURY STEAK 5 Mashed Potatoes 20 and Gravy 6 Green Beans 3 Yeast Roll 20 Applesauce 15</p> | <p>12 WORKDAY</p> | <p>13 BBQ ON A BUN 42 OR CORNDOG 27 Cole Slaw 7 Veggie Beans 27 Corn 18 Pears 24</p> | <p>14 CHEESE PIZZA 34 OR CHICKEN FILLET 45 Pickles 0 Lettuce .5 and Tomato 1 Cream of Broccoli Soup 18 Garden Salad 2 Orange Wedges 15 Crackers 18</p> |
| <p>NATIONAL SCHOOL LUNCH WEEK</p> | | | | |
| <p>17 CHICKEN POT PIE 31 OR HAMBURGER 32 Lettuce .5 and Tomato 1 Pickles 0 Peas and Carrots 10 Mashed Potatoes 20 Hot Yeast Roll 20 Mixed Fruit 18</p> | <p>18 MAC N CHEESE 22 W/GRILLED FRANKS 1 OR SLICED HAM 0 Pinto Beans 18 Steamed Cabbage 5 Stewed Tomatoes 2 Onions 3 and Cornbread 25 Peaches 12</p> | <p>19 BREAKFAST FOR LUNCH Chicken 13 or Sausage 0 w/ eggs 0 Pancakes 26 w/syrup 20 or Biscuit 22 and Gravy 9 Tater Tots 18 Applesauce 15</p> | <p>20 BEEF TACOS 26 OR CHICKEN SOFT TACOS 36 Lettuce .5 and Tomato 1 Salsa 4, Sour Cream 2 and Cheese 0 Corn 18 Refried Beans 20 Pineapple Tidbits 19</p> | <p>21 STUFFED CRUST PIZZA 51 OR RAINBOW TROUT TREASURES 16 Sweet Potato Fries 13 Garden Salad 2 Hushpuppies 20 Pear Halves 24</p> |
| <p>24 CHEF BOYARDEE RAVIOLI 30 OR VEGGIE BEEF SOUP 14 W/GRILLED CHEESE 30 or PB&J 40 SANDWICH Tossed Salad 2 Breadstick 16 Spiced Apples 18</p> | <p>25 MEATLOAF 4 OR GRILLED CHICKEN BREAST 0 Mashed Potatoes 20 and Gravy 6 Green Beans 3 Hot Yeast Roll 20 Pineapple Tidbits 19</p> | <p>26 SPAGHETTI 48 W/GARDEN SALAD 2 OR CHICKEN ALFREDO 31 Broccoli Spears 4 Steamed Carrots 8 Bread Stick 16 Mixed Fruit 18</p> | <p>27 HOT DOG 24 W/CHILI 5 OR CHICKEN RINGS 9 Cole Slaw 7 Green Peas 11 Crinkle Fries 16 Diced Peaches 12</p> | <p>28 FRUIT AND YOGURT PLATE OR CHEESE PIZZA 34 Carrots and Cucumbers 8 w/dip Normandy Blend 4 Pear Halves 24</p> |
| <p>31 HAUNTING HAMBURGER 32 OR MUMMY DOG 24 W/CHILI 5 Lurking Lettuce .5 and Terrified Tomatoes 1 Frightening Fries 16 Ghostly Green Beans 3 Trick-or-Treat Cupcake or Cake</p> |  | <p>CHOICES OF CHOC SKIM 24g, UNFLAVORED 1% 14g OR SKIM 14g, FF STRAWBERRY 25g AND FF VANILLA 26g MILK/FRESH FRUIT/JUICE</p> |  | |

Subject to change.

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”