



# OCTOBER

## MIDDLE AND HIGH



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> MEATLOAF Mashed Potatoes Green Beans Hot Yeast Roll Spiced Apples Oranges	<b>2</b> STUFFED CRUST PIZZA Normandy Blend Crinkle Cut Potatoes Peach Cup Grapes
<b>5</b> CHICKEN ALFREDO W/ BROCCOLI AND BREAD STICK Cucumbers and Carrots w/ dip Frozen Fruit Cup Orange	<b>6</b> BAKED ZITI Tossed Salad California Veggies Bread stick NC Fresh Apple Fruit Cocktail	<b>7</b> TURKEY POT PIE Mixed Veggies Broccoli Spears Biscuit Applesauce Banana	<b>8</b> PORK ROAST W/ GRAVY Mashed Potatoes Green Beans Orange Pear Cup	<b>9</b> FRUIT AND YOGURT PLATE Tossed Salad Corn on the Cob NC Strawberry Cup Red Grapes
<b>12</b> SEAFOOD BASKET W/ HUSHPUPIES Cole Slaw Whole Kernel Corn Kiwi Peach Slices	<b>13</b> CHEESE QUESADILLA Tomato Soup Pinto Beans Frozen Fruit Bar NC Fresh Apple	<b>14</b> SPAGHETTI Garden Salad Carrots Bread Stix Orange Pear Cup	<b>15</b> CHICKEN PARMESAN w/PASTA Tossed Salad NC Kennebec Baked Potato Whole Wheat Roll NC Golden Delicious Apples Peach cup	<b>16</b> CHICKEN AND VEGGIE TERIYAKI RICE BOWL W/ FORTUNE COOKIE Broccoli Spears w/Cheese Orange Wedges Pineapple Chunks
<b>19</b> CHICKEN SALAD WRAP Lettuce and Tomato Broccoli Cheese Soup Peas Red Grapes Frozen Fruit Cup	<b>20</b> MAC N CHEESE W/ LITTLE SMOKIES Pinto beans Cabbage Stewed Tomatoes Onions, Cornbread NC Strawberry Cup Peach Cup	<b>21</b> CRUNCHY OR SOFT TACO Lettuce, Tomato, Salsa, Sour Cream, Cheese, Black Beans and Rice Whole Kernel Corn NC Pink Lady Apple Mardarian Oranges	<b>22</b> GRILLED CHICKEN FILLET Lettuce Tomato Baked Potato Carrot Stix w/dip Banana Applesauce	<b>23 FALL BREAK</b> 
<b>26 FALL BREAK</b> 	<b>27</b> BAKED ZITI Tossed Salad California Vegetables Bread Stick NC Johnna Gold Apple Fruit Cocktail	<b>28</b> SWEET&SOUR CHICKEN W/ RICE AND BROCCOLI Fortune Cookie Pineapple Chunks Kiwi	<b>29</b> BREAKFAST FOR LUNCH Eggs w/choice of Chicken, Sausage,Steak Gravy Biscuits Tater Tots Spiced Apples Oranges	<b>30</b> STUFFED CRUST PIZZA Crinkle Cut Fries Broccoli Spears w/ Cheese Sauce Frozen Fruit Cup Fresh Grapes

**Menu subject to change without notice.  
CHOICE OF MILK/FRESH FRUIT/JUICE/FRUIT CUP  
"This is an equal opportunity provider."**