

# October

## West Park West Park- Lunch

		<b>Lunch Entree</b> <b>1</b> Hot Dog on WG Bun Stick Day <b>Vegetables</b> Marinara Sauce Seasoned Black Beans <b>Fruit</b> Applesauce Cup Variety <b>Milk</b> 1% Milk Fat Free Chocolate Milk	<b>Lunch Entree</b> <b>2</b> Orange Chicken Grilled Cheese Sandwich <b>Vegetables</b> Salad Mix <b>Fruit</b> Cupped Fruit Variety, 1/2 cup <b>Grains</b> Fried Rice <b>Desserts</b> Chocolate Chip Cookies, WG <b>Milk</b> Fat Free Chocolate Milk 1% Milk	<b>3</b> <i>Professional Development</i>
<b>Lunch Entree</b> <b>6</b> Mini Corn Dogs Pb & J Sandwich <b>Vegetables</b> Fresh Veggies Seasoned Black Beans <b>Fruit</b> Fresh Fruit Variety <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Cheese Stick	<b>Lunch Entree</b> <b>7</b> Mac & Cheese Turkey Ham & Cheese Sandwich <b>Vegetables</b> Steamed Sliced Carrots <b>Fruit</b> Fresh Fruit Variety <b>Grains</b> Dinner Roll <b>Milk</b> Fat Free Chocolate Milk 1% Milk	<b>Breakfast Entree</b> <b>8</b> Egg & Cheese Quesadilla <b>Lunch Entree</b> Breakfast for Lunch (Eggs, Sausage, Toast) <b>Vegetables</b> Diced Potatoes <b>Fruit</b> Fresh Fruit Variety <b>Milk</b> Fat Free Chocolate Milk 1% Milk	<b>Lunch Entree</b> <b>9</b> New Orleans Cajun Chicken Yogurt and Goldfish Meal <b>Vegetables</b> Fresh Veggies Black Beans and Rice <b>Fruit</b> Fresh Fruit Variety <b>Milk</b> Fat Free Chocolate Milk 1% Milk	<b>Lunch Entree</b> <b>10</b> Stick Day Pepperoni Pizza Bistro Box <b>Vegetables</b> Marinara Sauce Cut Green Beans Fresh Veggies <b>Fruit</b> Fresh Fruit Variety <b>Desserts</b> Berry Crisp <b>Milk</b> Fat Free Chocolate Milk 1% Milk

<b>Lunch Entree 13</b> Penne Pasta Alfredo with Chicken Meatballs Cheese Roll UP <b>Vegetables</b> Fresh Veggies Glazed Carrots <b>Fruit</b> Raisels Variety <b>Grains</b> Breadstick <b>Milk</b> Fat Free Chocolate Milk 1% Milk <b>Misc.</b> Cheese Stick	<b>Lunch Entree 14</b> Chicken Alfredo Pasta Yogurt and Muffin Meal <b>Vegetables</b> Fresh Veggies Cut Green Beans <b>Fruit</b> Cupped Fruit Variety, 1/2 cup <b>Grains</b> Breadstick <b>Milk</b> 1% Milk Fat Free Chocolate Milk	<b>Lunch Entree 15</b> Cheese Quesadilla Turkey Ham & Cheese Sandwich <b>Vegetables</b> Refried Beans Fresh Veggies <b>Fruit</b> Cupped Fruit Variety, 1/2 cup <b>Milk</b> 1% Milk Fat Free Chocolate Milk	<b>Lunch Entree 16</b> Rib Sandwich Soft Pretzel with Cheese Dip <b>Vegetables</b> Northern Beans <b>Fruit</b> Red Produce <b>Milk</b> Fat Free Chocolate Milk 1% Milk	<b>Lunch Entree 17</b> Nachos with Cheese Sauce Turkey Ham & Cheese Sandwich <b>Vegetables</b> Mexican Food Bar, Choice of Vegetables Corn <b>Fruit</b> Fresh Fruit Variety <b>Desserts</b> Strawberry Gelatin Cubes <b>Milk</b> 1% Milk Fat Free Chocolate Milk
<b>Lunch Entree 20</b> Stick Day Pizza Quesadillas <b>Vegetables</b> Marinara Sauce Fresh Veggies <b>Fruit</b> Mixed Berries Fruit Cup <b>Milk</b> 1% Milk Fat Free Chocolate Milk	<b>Lunch Entree 21</b> Spaghetti and Meatballs Yogurt and Muffin Meal <b>Vegetables</b> Cut Green Beans Fresh Veggies <b>Fruit</b> Applesauce Cup Variety <b>Grains</b> Breadstick <b>Milk</b> 1% Milk Fat Free Chocolate Milk	<b>Lunch Entree 22</b> Hamburger with Bun Cheeseburger on Bun Pb & J Sandwich <b>Vegetables</b> Fries Fresh Veggies <b>Fruit</b> Fresh Fruit Variety <b>Grains</b> Goldfish Crackers <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Cheese Stick	<b>Lunch Entree 23</b> Chicken Nuggets Soft Pretzel with Cheese Dip <b>Vegetables</b> Fresh Veggies Cut Green Beans <b>Fruit</b> Cupped Fruit Variety, 1/2 cup <b>Grains</b> Goldfish Crackers <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Cheese Stick	<b>Lunch Entree 24</b> Pizza Variety Grilled Cheese Sandwich <b>Vegetables</b> Northern Beans Salad Mix <b>Fruit</b> Applesauce Cup Variety Apple Crisps <b>Desserts</b> Brownies, WG <b>Milk</b> Fat Free Chocolate Milk 1% Milk

Lunch Entree 27	Lunch Entree 28	Lunch Entree 29	30	31
<p>Meatball Sub</p> <p>Yogurt and Goldfish Meal</p> <p><b>Vegetables</b></p> <p>Fresh Veggies</p> <p>Salad Bar</p> <p><b>Fruit</b></p> <p>Fresh Fruit Variety</p> <p><b>Milk</b></p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p>	<p>Chicken Patty Sandwich</p> <p>Pb &amp; J Sandwich</p> <p><b>Vegetables</b></p> <p>Fries</p> <p>Fresh Veggies</p> <p><b>Fruit</b></p> <p>Fresh Fruit Variety</p> <p><b>Milk</b></p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p>	<p>Mac &amp; Cheese Bar</p> <p>Yogurt and Muffin Meal</p> <p><b>Vegetables</b></p> <p>Steamed Sliced Carrots</p> <p>Seasoned Black Beans</p> <p><b>Fruit</b></p> <p>Orange Produce - For Salad Bar</p> <p><b>Grains</b></p> <p>Goldfish Crackers</p> <p><b>Desserts</b></p> <p>Harvest Spice Pumpkin Bars</p> <p>Chocolate Pudding</p> <p><b>Milk</b></p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p><b>Misc.</b></p> <p>Cheese Stick</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>

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