



OCTOBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Baked Chicken Drumsticks</i> <i>Parsley Potatoes</i> <i>Baby Carrots</i> <i>WG Biscuit/Butter</i> <i>Fruit</i> <i>Milk</i>	2 <i>Beef Cheeseburger W/ Lettuce,</i> <i>Tomato, Ketchup, & Mustard</i> <i>Vegetarian Baked Beans</i> <i>Fruit</i> <i>Milk</i>	3 <i>WG Cheese Lasagna Roll Up W/</i> <i>Marinara</i> <i>WG Garlic Breadstick</i> <i>Tossed Salad/Dressing</i> <i>Jicama Sticks</i> <i>Fruit</i> <i>Milk</i>	4 <i>BBQ Beef Meatballs</i> <i>Honey Glazed Butternut Squash</i> <i>Fresh Broccoli Florets/Ranch</i> <i>Sliced Bread/Butter</i> <i>Fruit</i> <i>Milk</i>	5 <i>Turkey & Cheese Sandwich on WG Bun</i> <i>w/Mayo</i> <i>Steamed Green Beans</i> <i>Fresh Cauliflower/Ranch</i> <i>Fruit</i> <i>Milk</i>
8 <i>Beef Spaghetti Hotdish</i> <i>WG Garlic Breadstick</i> <i>Tossed Salad/Dressing</i> <i>Fruit</i> <i>Milk</i>	9 <i>WG Chicken Burger on WG Bun w/</i> <i>Mayo</i> <i>Grape Tomatoes</i> <i>Steamed Carrots</i> <i>Fruit</i> <i>Milk</i>	10 <i>Roasted Sliced Turkey</i> <i>Mashed Potatoes & Gravy</i> <i>Tossed Salad/ Dressing</i> <i>WG Dinner Roll/ Butter</i> <i>Fruit</i> <i>Milk</i>	11 <i>Fajita Chicken Strips on WG Tortilla</i> <i>Shredded Lettuce, Cheese & Sour</i> <i>Cream</i> <i>Refried Beans</i> <i>Fruit</i> <i>Milk</i>	12 <i>Turkey Sausage Pancake on a Stick W/</i> <i>Maple Syrup</i> <i>Breakfast Potatoes</i> <i>Fresh Sliced Cucumbers</i> <i>Fruit Juice</i> <i>Milk</i>
15 <i>Homemade Beef Chili W/ Crackers</i> <i>& Shredded Cheddar Cheese</i> <i>WG Cheese Stuffed Breadstick</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	16 <i>WG Chicken Corndog W/ Ketchup &</i> <i>Mustard</i> <i>Tossed Salad/ Dressing</i> <i>Grape Tomatoes</i> <i>Fruit</i> <i>Milk</i>	17 <i>Beef Salisbury Steak W/ Ketchup</i> <i>Topping</i> <i>Seasoned Mashed Potatoes</i> <i>Celery Sticks/Ranch</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i>	18 <i>Oven Baked Herbed Chicken Breast</i> <i>Steamed Mixed Vegetable</i> <i>Fresh Broccoli Florets</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i>	19 <i>LS Beef Hotdog on WG Bun</i> <i>Steamed Peas</i> <i>Tossed Salad/ Dressing</i> <i>Fruit</i> <i>Milk</i>
22 <i>BBQ Chicken on WG Bun</i> <i>Steamed Carrot</i> <i>Tossed Salad/Dressing</i> <i>Fruit</i> <i>Milk</i>	23 <i>Taco Loaded Baked Potato W/</i> <i>Toppings: Taco Meat, Cheddar</i> <i>Cheese & Sour Cream</i> <i>Fresh Radishes</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i>	24 <i>Teriyaki Glazed Chicken over</i> <i>Brown Rice Pilaf</i> <i>Tossed Salad/Dressing</i> <i>Fresh Cauliflower/Ranch</i> <i>Fruit</i> <i>Milk</i>	25 <i>Beef Sloppy Joes on WG Bun</i> <i>Baby Carrots</i> <i>Seasoned Pinto Beans</i> <i>Fruit</i> <i>Milk</i>	26 <i>Chicken Ala King over a WG Biscuit</i> <i>Tossed Salad/Dressing</i> <i>Cucumber Slices</i> <i>Fruit</i> <i>Milk</i>
29 <i>Egg & Cheese Omelet</i> <i>Breakfast Potatoes</i> <i>Grape Tomatoes</i> <i>Blueberry Muffin</i> <i>Fruit Juice</i> <i>Milk</i>	30 <i>Turkey Taco in a Bag W/ Lettuce,</i> <i>Cheese, Sour Cream, Taco Sauce &</i> <i>Diced Tomatoes</i> <i>Baby Carrots</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i>	31 <i>"Orange You Special Day"</i> <i>WG Spooky Chicken Nuggets W/</i> <i>BBQ Sauce</i> <i>Vegetable Ranch Pasta Salad</i> <i>Steamed Carrots</i> <i>Orange Smiles</i> <i>Milk</i>	NO PORK SERVED ON THIS MENU WG= WHOLE GRAIN LS=LOW SODIUM TOSSED SALAD= ROMAINE AND SPINACH AND SOME ICEBERG BLEND	



Additional condiments available upon request.
 THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY OF ITEMS
 * INGREDIENTS SUCH AS PEANUTS, NUTS/SEEDS, MILK, EGG, SOYBEAN, GLUTEN, AND OTHER PRODUCTS MAY BE USED IN THE PRODUCTION OF THE MENUS.
 Questions on the menu please visit www.newhorizonfoods.com or info@newhorizonfoods.com