

# October 2017 GPA

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 Beef Slider or Garden Burger served with Sweet Potato Wedges Fresh Fruit and Vegetables	3 Egg and Cheese English Muffin Sandwich served with Hash Brown Patty Chicken Sausage Patty	4 Macaroni and Cheese served with Fresh Fruit and Vegetables	5 Turkey Enchilada Bake or Vegetarian Enchilada Bake served with Fresh Fruit and Vegetables	6 Chicken Bites or Veggie Chicken Tenders served with Roasted Potato Wedges Fresh Fruit and Vegetables	7
9 School Not in Session Columbus Day	10 Beef Hotdog or Black Bean Burger served with Baked French Fries Fresh Fruit and Vegetables	11 Chicken Parmesan or Vegetable Parmesan served with Pasta with Marinara Sauce Fresh Fruit and Vegetables	12 Pancakes served with Scrambled Eggs Turkey Bacon	13 Pepperoni Pizza or Cheese Pizza served with Fresh Fruit and Vegetables	14
16 Grilled Cheese served with Homemade Tomato Soup Fresh Fruit and Vegetables	17 Chicken Wings or Stuffed Zucchini Boats served with Roasted Sweet Potatoes Fresh Fruit and Vegetables	18 Cheese Tortellini with Marinara Sauce served with Fresh Fruit and Vegetables	19 Beef Tacos or Corn and Black Bean Tacos served with Corn Fresh Fruit and Vegetables	20 Chicken Caesar Salad or Caesar Salad served with Parmesan Breadstick	21
23 All Beef Hamburgers or Veggie Burger served with Baked Tator Tots Coleslaw	24 Roasted Chicken Drumstick or Quinoa Stuffed Pepper served with Mashed Potatoes Fresh Fruit and Vegetables	25 Pasta with Meat Sauce or Marinara Sauce served with Fresh Fruit and Vegetables	26 Chicken and Cheese Quesadilla or Cheese Quesadilla served with Spanish Rice Fresh Fruit and Vegetables	27 Pepperoni Pizza or Cheese Pizza served with Fresh Fruit and Vegetables	28
30 Sweet and Sour Chikcen Sweet and Sour Tofu served with Steamed Rice Asian Vegetable Medley	31 Beef Nachos or Veggie Griller Nachos served with Fresh Fruit and Vegetables				29