

October 2018 GPA

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