



# October

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Zesty Chicken Tacos or Mini Turkey Corn Dogs Zucchini Squash Pinto Beans Raspberry Juice	3 Chicken Nuggets & Roll or <b>Homemade Cheese Quesadilla</b> Sautéed Spinach Mixed Veggies Chilled Applesauce	4 Nachos Supreme w/Taco Meat & Cheese or Turkey & Cheese Wrap Whole Kernel Corn Ripe Tomatoes Mixed Fruit	5 Rotini & Meat Sauce or <b>Pizza Dippers</b> w/ <b>Tomato Basil Sauce</b> Steamed Carrots Garbanzo Beans Bartlett Pear	6  <b>P/T CONFERENCES NO SCHOOL</b>
9  <b>COLUMBUS DAY NO SCHOOL</b>	10 <b>Macaroni &amp; Cheese</b> w/ <b>Roll</b> or Mini Corn Dogs Cucumber Slices Ripe Tomatoes Tropical Pineapple	11 Rotini & Meatballs In Tomato Basil Sauce or <b>French Toast Sticks</b> Sweet Peas Kidney Beans Bartlett Pears	12 Chipotle Grilled Chicken Wrap or <b>Toasted Cheese Sandwich</b> BBQ Baked Beans Baked Sweet Potatoes Crisp Apple	13 <b>Tony's Cheese Pizza</b> or <b>Fish &amp; Cheese Sandwich</b> Zucchini Squash Romaine Salad Orange Smiles
16 Chicken Nuggets & Roll or <b>Homemade Cheese Quesadilla</b> Sautéed Spinach Garbanzo Beans Chilled Applesauce	17 Soft-Shell Turkey Tacos or <b>Pizza Dippers</b> w/ <b>Tomato Basil Sauce</b> Cucumber Slices Ripe Tomatoes Mandarin Oranges	18 Popcorn Chicken or <b>Fresh Fruit &amp; Yogurt Plate</b> Steamed Broccoli Baby Carrots Fresh Grapes  <b>PUMPKIN PUDDING TREAT</b>	19 <b>Homemade Cheese Quesadilla</b> or Mini Turkey Corn Dogs Sweet Peas Sliced Red Beets Bartlett Pears	20 <b>Tony's Cheese Pizza</b> or Hot Dog on Bun Baked Potato Rounds Spinach Blueberries
23 Beef Quesadilla Pizza or <b>French Toast Sticks</b> Sweet Peas Cucumber Slices Crisp Apple	24 Cheeseburger or <b>Hummus &amp; Fresh Veggies w/Pita Chips</b> Steamed Broccoli BBQ Baked Beans Mixed Fruit	25 <b>Baked Potato w/Broccoli, Cheese &amp; Garlic Biscuit</b> or Turkey Tacos Glazed Carrots Sautéed Spinach Cling Peaches	26 <b>Toasted Cheese Sandwich</b> or Chicken Nuggets & Roll Seasoned Green Beans Whole Kernel Corn Apple Juice	27 <b>Tony's Cheese Pizza</b> or Hot & spicy Chicken Sandwich Baked Potato Puffs Garbanzo Beans Chilled Applesauce
30 Zesty Chicken Tacos or Mini Turkey Corn Dogs Zucchini Squash Pinto Beans Raspberry Juice	31 Chicken Nuggets & Roll or <b>Homemade Cheese Quesadilla</b> Sautéed Spinach Mixed Veggies Chilled Applesauce			<p><b>Lunch \$2.86</b> (Milk included with meal)</p> <p><b>Milk 65¢</b> Offered Daily: Fat Free Flavored Fat Free White 1% White</p>



**Farm Fresh Produce**  
featuring... **Pumpkin**

The carotenoids in pumpkins give them their orange color, just like with carrots!

Available Daily

- Peanut Butter & Jelly Sandwich
- Cheese Sandwich
- Meatless Garden Salad w/Cheese
- Deli Turkey Submarine Sandwich

Fruit & Veggies with Every Meal

**Tony's Cheese Pizza**  
Is now offered once every week!

**Try our Pumpkin Pudding on the 18th!**

**Questions**

Call Marv Barishman  
Food Service Director  
847-568-7586

Menu changes may be necessary. Notice will be given when possible.  
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

For more information or to "Ask the Dietitian", check out our website!