

OCTOBER 2009

LUNCH - SECONDARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Condiments Available: Ketchup, Mayonnaise, Mustard, Taco Sauce</p> <p>Salad Dressings Available: 1,000 Island, Caesar, French, Italian, Ranch, Asian Sesame</p>	<p>WEEK OF: 10/5 & 10/19</p> <p>*Optional Weekly Entrée: Deli Sub on Wheat and/or Café LA Tossed Garden Salad V</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>M & C: 8/6/2009</p> </div>	<p>WEEK OF: 10/1, 10/12, & 10/26</p> <p>**Optional Weekly Entrée: Turkey Breast & Cheese on Wheat and/or Farmers Market Salad with Whole Wheat Dinner Roll V</p> <p>V = Represent Vegetarian Entrée WG = Represent Whole Grain</p>	<p>1 Parmesan Lasagna Spicy Tex Mex Vegetarian Burrito V WG Chicken Italiano Melt Optional Weekly Entrée** Fresh Baby Carrots Italian Vegetable Medley Chilled Peaches Chilled Orange Juice Choice of Milk</p>	<p>2 Fish Filet Sandwich with Cheese WG Macaroni Au Gratin V Wings of Fire with Cheese Bread Bar Optional Weekly Entrée** Oven Baked Crinkle Cut Fries Crisp Broccoli Bites Fresh Pineapple Chunks Chilled Orange Juice Choice of Milk</p>
<p>5 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito V Café LA Chicken & Cheese Enchiladas Optional Weekly Entrée* Peas Celery Sticks Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p>6 Chicken Cordon Bleu Style Sandwich WG California Nachos V Beef Taco Triangles Optional Weekly Entrée* Fresh Jicama Sticks with Lime Wedge Fresh Baby Carrots Oven Roasted Potato Wedges Chilled Apple Juice Choice of Milk</p>	<p>7 Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad V Chicken Caesar Salad Whole Wheat Wrap WG Chef Signature Series Optional Weekly Entrée* Whole Kernel Corn HOTM: Apples Zucchini Sticks Strawberry Fruit Cup Chilled Orange Juice Choice of Milk</p>	<p>8 Hot & Spicy Chicken Strips Oven Baked Cheese Pizza V Home-Style Shepherd's Pie with Grain Roll WG Optional Weekly Entrée* Sweet Potato Sticks Café LA Tossed Side Salad Chilled Pears Chilled Orange Juice Choice of Milk</p>	<p>9 Spaghetti & Meatballs Toasted Cheese Sandwich V WG Kung Pao Chicken Bowl with Brown Rice WG Optional Weekly Entrée* Whole Kernel Corn Italian Vegetable Medley Chilled Applesauce Chilled Orange Juice Choice of Milk</p>
<p>12 Red Chile Beef & Bean Burrito Peanut Butter & Jelly Pocket V WG Grilled Beef Sliders with BBQ Sauce Optional Weekly Entrée** Corn on the Cob Spanish Style Rice Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p>13 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips V Asian Style Chicken Salad Optional Weekly Entrée** Zucchini Sticks Fresh Baby Carrots Orange Citrus Smiles Chilled Apple Juice Choice of Milk</p>	<p>14 Cheeseburger on Whole Wheat Bun WG Garden Veggie Burger with Cheese V WG Orange Chicken Bowl with Brown Rice WG Optional Weekly Entrée** Crisp Baked Potato Rounds Shredded Lettuce & Sliced Tomatoes Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk</p>	<p>15 Parmesan Lasagna Spicy Tex Mex Vegetarian Burrito V WG Chicken Italiano Melt Optional Weekly Entrée** Fresh Baby Carrots Italian Vegetable Medley Chilled Peaches Chilled Orange Juice Choice of Milk</p>	<p>16 Fish Filet Sandwich with Cheese WG Macaroni Au Gratin V Wings of Fire with Cheese Bread Bar Optional Weekly Entrée** Oven Baked Crinkle Cut Fries Crisp Broccoli Bites Fresh Pineapple Chunks Chilled Orange Juice Choice of Milk</p>
<p>19 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito V Café LA Chicken & Cheese Enchiladas WG Optional Weekly Entrée* Peas Celery Sticks Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p>20 Chicken Cordon Bleu Style Sandwich WG California Nachos V Beef Taco Triangles Optional Weekly Entrée* Fresh Jicama Sticks with Lime Wedge Fresh Baby Carrots Oven Roasted Potato Wedges Chilled Apple Juice Choice of Milk</p>	<p>21 Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad V Chicken Caesar Salad Whole Wheat Wrap WG Chef Signature Series Optional Weekly Entrée* Whole Kernel Corn HOTM: Apples Zucchini Sticks Strawberry Fruit Cup Chilled Orange Juice Choice of Milk</p>	<p>22 Hot & Spicy Chicken Strips Oven Baked Cheese Pizza V Home-Style Shepherd's Pie with Grain Roll WG Optional Weekly Entrée* Sweet Potato Sticks Café LA Tossed Side Salad Chilled Pears Chilled Orange Juice Choice of Milk</p>	<p>23 Spaghetti & Meatballs Toasted Cheese Sandwich V WG Kung Pao Chicken Bowl with Brown Rice WG Optional Weekly Entrée* Whole Kernel Corn Italian Vegetable Medley Chilled Applesauce Chilled Orange Juice Choice of Milk</p>
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Milk Options: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free

Menus are Subject to Change