



OCTOBER 2013



Daily Lunch \$4.50

Lunch includes: 1% Plain Milk or Local Organic Apple Juice, Fresh Fruit & Salad

Monday	Tuesday	Wednesday	Thursday	Friday
30 Mac N Cheese	1 *Soft Taco	2 Burgers Roasted Potatoes	3 Teriyaki Chicken Noodle Bowls	4 AES *Chef's Pizza AMS Stromboli Chef's Special
7 Cheese Ravioli Marinara Sauce	8 *Quesadilla Chicken, Veggie, Cheese	9 Spaghetti & Meatballs	10 Chicken Alfredo Bow Tie Pasta	11 AES *Chef's Pizza AMS Stromboli Chef's Special
14 Breakfast For Lunch Granola & Yogurt	15 **Nachos	16 Pasta with Meat Sauce	17 Roast Chicken Roasted Potato	18 AES *Chef's Pizza AMS Stromboli Chef's Special
21 Baked Potato Bar Assorted Top	22 Burritos Beef, Beans, Cheese	23 Spaghetti with Marinara Sauce	24 Roast Turkey Mash Potato	25 No School
28 No School	29 *Soft Taco	30 Chicken Noodle Soup & Bread Sticks	31 BBQ Pulled Pork	1 AES *Chef's Pizza AMS Stromboli Chef's Special

HOME COOKED MEALS PREPARED DAILY ~ MEATLESS MONDAYS ~ *GLUTEN FREE AVAILABLE