

**Monday**

**1**  
 Veggie Burgers  
 Cheeseburger Baskets  
 Flatbread Pizza  
 Ham & Scalloped Potatoes  
 Steamed Carrots  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**8**  
 Columbus Day  
 No School

**15**  
 Bosco Sticks with dipping sauce  
 Turkey Burgers with Lettuce & Tomato  
 Chef Salads  
 Meatloaf  
 Roasted Potato & Squash  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**22**  
 Cheese Pizza  
 Grilled Chicken Sandwich with Lettuce & Tomato  
 Terry's Choice  
 Spaghetti with Meatballs  
 Tossed Salads  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**29**  
 Assorted Flatbread Pizza  
 Fish Sticks with Coleslaw  
 Veggie Nachos  
 Chicken Tenders  
 Mashed Potato  
 Steamed Corn  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**Tuesday**

**2**  
 Cheese Quesadilla Pizza  
 Ham or Veggie Italians  
 Pulled Pork Platter  
 Chicken Pot Pie  
 Cranberry sauce  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**9**  
 Turkey or Veggie Panini's  
 Chicken Patties  
 Meat or Veggie Chili w/Cornbread  
 Meat or Veggie Lasagna  
 Breadsticks & Salad  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**16**  
 Cheeseburger Baskets  
 Grilled Rueben's  
 Soft Baked Pretzels  
 Pasta with Marinara Sauce  
 Broccoli Salad  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**23**  
 Grilled Breakfast Sandwich  
 Turkey BLT's  
 Popcorn Chicken  
 Chicken Drumsticks with Rice  
 Cucumber & Tomato Salad  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**30**  
 Chicken Caesar Wraps  
 Spicy Chicken Patty  
 Soft Baked Pretzels  
 Ham & Scalloped Potatoes  
 Steamed Peas  
 WG Roll  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**Wednesday**

**3**  
 Chicken Fajita's  
 Turkey Club Sandwiches  
 Hot Dog on WG Bun  
 Pasta Primavera  
 Fresh Fruit Cups  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**10**  
 Soft Baked Tacos  
 Veggie Burgers  
 Cheeseburgers  
 Chicken Tenders  
 Mashed Potatoes & Peas  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**17**  
 Quesadilla Pizza  
 Meatball Subs  
 Apple Crisp  
 Teriyaki Chicken on a Stick  
 Fancy Rice & Pineapple  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**24**  
 Beef or Veggie Burritos  
 Chicken Patty Sandwich  
 Veggie Burgers  
 Oven Baked Chicken  
 Rice & Steamed Peas  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**31**  
 Steak Subs with Peppers  
 Nachos and Cheese Sauce  
 Poor Boys  
 Chicken Pot Pie  
 Cranberry Sauce  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**Thursday**

**4**  
 Pazzo Bread with Dipping Sauce  
 Chef Salads  
 Shepherd's Pie  
 Chef's Choice  
 Tomato & Cucumber Salad  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**11**  
 Veggie Nachos  
 French Toast Sticks with Sausage  
 Terry's Choice  
 Steak Subs with Peppers  
 Shepherd's Pie  
 WG Breadstick  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**18**  
 Chicken Flatbreads  
 Squash Soup  
 French Bread Pizza  
 Shepherd's Pie  
 Blueberry Parfaits  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**25**  
 Chicken Parmesan Sandwiches  
 Baked Potato with assorted toppings  
 Pulled Pork Platter  
 Shepherd's Pie  
 Strawberry Salad  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**Friday**

**5**  
 Professional Development Day  
 No School

**12**  
 Grilled Cheese & Tomato Sandwich  
 Mozzarella Cheese Sticks  
 Chicken Patties  
 Macaroni & Cheese  
 Steamed Broccoli  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**19**  
 Pazzo Bread with Sauce  
 Spicy Chicken Patty  
 Corn Chowder  
 Pork or Veggie Egg Roll  
 Fancy Rice  
 Fresh Pineapple  
 Fresh Fruit & Salad Bar  
 Ice Cold Milk

**26**  
 Quiche Lorraine  
 Grilled Cheese Sandwiches  
 Cheeseburger Baskets  
 Broccoli Alfredo With or without Chicken  
 Fresh Fruit Salads  
 Salad Bar  
 Ice Cold Milk

Please remember to fill out and submit a Free & Reduced Lunch Form if needed. The 30 Day Grace Period will expire on October 17<sup>th</sup>, and those students without a new form will be changed to paid. If you have any questions, please email dicarak@link75.org