LUNCH

## **OCTOBER 2020**

Swallow School

Monday	Tuesday	Wednesday	Thursday	Friday
			Cheese or Pepperoni Pizza Yogurt Pak Garlic Toast California Blend Vegetables Diced Pears	Sloppy Jo Sandwich Pizza Lunchable Sweet Potato Fries Apple Wedges Brownie
Chicken Strips Taco Salad Spanish Rice Corn Niblets Orange Wedges	Baked Ravioli Hamburger or Cheeseburger Breadstick Green Beans Pineapple Cup	Chicken Patty on a Bun Turkey & Cheese Sub French Fries Cauliflower Casserole Fresh Melon Rice Krispie Treat	Cheese or Sausage Pizza Hamburger or Cheeseburger Rotini Pasta Buttered Beets Fruited Jell-O	Breakfast Croissant Pizza Lunchable Banana Bread Broccoli Mandarin Oranges
Mini Corn Dogs Taco Salad French Fries Peas & Carrots Applesauce	Grilled Cheese Hamburger or Cheeseburger Tator Tots Tomato Soup Broccoli Salad	Chicken Patty on a Bun Turkey & Cheese Sub Mashed Potatoes Glazed Carrots Fresh Fruit Sugar Cookie	Cheese or Pepperoni Pizza Yogurt Pak Breadstick Italian Blend Vegetables Fruit Salad	BBQ Riblet on a Bun Pizza Lunchable Chips Carrots & Dip Birthday Cake
Pancakes with Sausage Taco Salad Hashbrowns Warm Cinnamon Apples	Cheese or Sausage Pizza Hamburger or Cheeseburger Texas Toast Seasoned Cauliflower Pineapple	Chicken Patty on a Bun 21 Turkey & Cheese Sub Scalloped Potatoes Winter Squash Fruit Cup Donut Holes	22 No School	23 No School
Chicken Nuggets Breakfast Sandwich Taco Salad Crinkle Cut Fries Corn Mandarin Oranges	Cheesebread with Marinara Hamburger or Cheeseburger Pita & Hummus Plate Rice Pilaf Green Peas Apple Wedges	Spaghetti with Meat Sauce28 Chicken Patty on a Bun Turkey & Cheese Sub Breadstick Roasted Brussel Sprouts Banana Chocolate Chip Cookie	Cheese or Pepperoni Pizza 9 Hamburger or Cheeseburger Yogurt Pak Buttered Noodles Dilly Carrots Melon Slices	Macaroni & Cheese BBQ Pulled Pork Sandwich Pizza Lunchable Creamy Coleslaw Baked Beans Fruit Ice Cream

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