



October 2017 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2 style="margin: 0;">EEC Lunch</h2> <p style="margin: 0; font-size: small;">MENUS ARE SUBJECT TO CHANGE</p>				
10-2 Chile Cheese Tamale -V Fiesta Pinto Beans Fruit Got Milk	10-3 Mama's Meatball Sub Mini Potato Tots Fruit Got Milk	10-4 Taco Bean Dip Artisan Roll Cooked Carrots Fruit Cup Got Milk	10-5 3 Cheese Calzone -V Fresh Garden Salad Frozen Juice Cup Got Milk	10-6 Crispy Chicken Filet Sandwich Roasted Potato Wedges Fruit Got Milk
10-9 Vegan Chili -V Artisan Roll Cooked Carrots Fruit Got Milk	10-10 Crunchy Fish Sticks Artisan Roll Fiesta Pinto Beans Fruit Got Milk	10-11 Garlicky Cheese Bread -V Fresh Garden Salad Fruit Cup Got Milk	10-12 Teriyaki Beef Dipper Rice Bowl Broccoli Buds Frozen Juice Slush Got Milk 	10-13 Manager's Choice Roasted Potato Wedges Fruit Got Milk
10-16 Cheesy Mac -V Sidewinder Fries Fruit Got Milk	10-17 Smokin' BBQ Rib Sandwich Campfire Baked Beans Fruit Got Milk	10-18 3 Cheese Calzone -V Fresh Garden Salad Fruit Cup Got Milk	10-19 Salisbury Steak & Mashed Potatoes Southern Buttermilk Biscuit Frozen Juice Cup Got Milk	10-20 Crispy Chicken Filet Sandwich Roasted Potato Wedges Fruit Got Milk
10-23 Vegan Chili -V Artisan Roll Cooked Carrots Fruit Got Milk	10-24 Mama's Meatball Sub Mini Potato Tots Fruit Cup Got Milk	10-25 Crunchy Fish Sticks Artisan Roll Sidewinder Fries Fruit Got Milk	10-26 Cheesy Flatbread Fresh Garden Salad Frozen Juice Cup Got Milk	10-27 Café LA Burger Roasted Potato Wedges Fruit Got Milk
10-30 Bean & Cheese Pupusa -V Fiesta Pinto Beans Fruit Got Milk	10-31 Tasty Turkey & Mash Potatoes Southern Buttermilk Biscuit Fruit Got Milk			

All of the Grain/Bread items served are whole grain.
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free
S: Items with an (S) can be saved for later
V: Vegetarian items
 **Farm Fresh Fruits: Apple, Orange, Banana