



October 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EEC Lunch <i>MENUS ARE SUBJECT TO CHANGE</i>				
10-1 Bean & Cheese Pupusa -V Crinkle Cut Potatos Fruit Got Milk	10-2 Pork Egg Rolls Veggie Medley Frozen Juice Cup Got Milk	10-3 Toasted Cheese Sandwich Fiesta Pinto Beans Fruit Got Milk	10-4 Smokin' BBQ Rib Sandwich Waffle Fries Fruit Cup Got Milk	10-5 Tangerine Chicken & Rice Bowl Broccoli Buds Frozen Juice Slush Got Milk
10-8 Whole Grain Deep Dish Cheese Pizza Cooked Baby Carrots Fruit Got Milk	10-9 Turkey Burger Roasted Potato Wedges Frozen Juice Cup Got Milk	10-10 Philly Cheese Steak Sandwich Fiesta Pinto Beans Fruit Got Milk	10-11 Salisbury Steak with Gravy Artisan Roll Fluffy Mashed Potatoes Fruit Cup Got Milk	10-12 Café LA Burger Fresh Garden Salad Frozen Juice Cup Got Milk
10-15 Cheesy Veggie Burger Sliders -V Waffle Fries Fruit Got Milk	10-16 Café LA Burger Fiesta Pinto Beans Frozen Juice Cup Got Milk	10-17 Teriyaki Beef Dipper Rice Bowl Broccoli Buds Fruit Got Milk	10-18 Mama's Meatball Sub Mini Potato Tots Fruit Cup Got Milk	10-19 Whole Grain Rich Pepperoni Pizza Fresh Garden Salad Frozen Juice Slush ★ Got Milk
10-22 Toasted Cheese Sandwich -V Fiesta Pinto Beans Fruit Got Milk	10-23 Chicken Tenders Roasted Potato Wedges Frozen Juice Cup Got Milk	10-24 Taco Bean Dip Artisan Roll Fresh Garden Salad Fruit Got Milk	10-25 Turkey Burger Fresh Garden Salad Fruit Cup Got Milk	10-26 Manager's Choice Frozen Juice Cup Got Milk
10-29 Bean & Cheese Pupusa -V Crinkle Cut Potatoes Fruit Got Milk	10-30 Pork Egg Rolls Veggie Medley Frozen Juice Cup Got Milk	10-31 Toasted Cheese Sandwich Fiesta Pinto Beans Fruit Got Milk		

All of the Grain/Bread items served are Whole Grain Rich.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free

V: Vegetarian items

**Farm Fresh Fruits: Apple, Orange, Banana