

# OCTOBER 2019 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EEC Lunch</b> <i>MENUS ARE SUBJECT TO CHANGE</i>				
	10-1 Chicken Tenders Southern Buttermilk Biscuit Cooked Baby Carrots Frozen Juice Slush	10-2 Philly Cheese Steak Sandwich Fresh Garden Salad Fruit	10-3 Crispy Chicken Filet Sandwich Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	10-4 WG Pepperoni Pizza Wedge Fresh Garden Salad <b>New!</b> Frozen Peach Pop
10-7 <b>New!</b> PizzaBoli -V Marinara Sauce Cup Fruit Cup	10-8 Pork Egg Rolls Cooked Baby Carrots Frozen Juice Cup	10-9 Chicken Tenders Southern Buttermilk Biscuit Waffle Cut Fries Fruit	10-10 Café LA Burger Fresh Garden Salad Fruit	10-11 Teriyaki Beef Dipper Rice Bowl Broccoli Buds <b>New!</b> Frozen Peach Pop
10-14 Whole Grain Cheese Pizza Wedge -V Cooked Baby Carrots Fruit Cup	10-15 Beef & Cheese Taco Burrito Roasted Potato Wedges Frozen Juice Slush	10-16 <b>New!</b> Cherry Blossom Chicken Bowl Broccoli Buds Fruit	10-17 Crispy Chicken Filet Sandwich Ruffle Fries Fruit Cup	10-18 Philly Cheese Steak Sandwich Fresh Garden Salad <b>New!</b> Frozen Peach Pop
10-21 Bean & Cheese Chimichanga -V Tangy Salsa Cup Fruit Cup	10-22 Mesquite BBQ Pork Sandwich Mini Potato Tots Frozen Juice Cup	10-23 WG Pepperoni Pizza Wedge Cooked Baby Carrots Fruit	10-24 Salisbury Steak & Mashed Potatoes Aloha Roll Fruit Cup	10-25 Orange Meatball Rice Bowl Broccoli Buds <b>New!</b> Frozen Peach Pop
10-28 Bean & Cheese Pupusa -V Cooked Baby Carrots Fruit Cup	10-29 Chicken Tenders Southern Buttermilk Biscuit Roasted Potato Wedges Frozen Juice Slush	10-30 Philly Cheese Steak Sandwich Waffle Cut Fries Fruit Cup	10-31 Café LA Burger Fresh Garden Salad Fruit Cup	

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

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

**V:** Vegetarian items

\*\* Farm Fresh Fruits: Apple, Orange, Banana

Daily Vegetarian Options: Deli Cheese Sandwich, Toasted Cheese Sandwich