



# October 2011

<b>MONDAY 3rd</b>	<b>TUESDAY 4th</b>	<b>WEDNESDAY 5th</b>	<b>THURSDAY 6th</b>	<b>FRIDAY 7th</b>
Salisbury Steak with Mashed Potatoes  Or Chicken "Florentine" Soup  Roasted Zucchini	Rotini Noodles with Bolognese Sauce  Or Ham & Cheese On Wheat Bread  Caesar Salad	French Bread Pizza  Or Turkey & Cheese On Wheat Bread  Roasted Carrots	(DF) Chicken Wings  Or Baked Potato Bar  Steamed Corn	Chicken Nachos  Or Bean Burrito  White Bean Chili
<b>MONDAY 10th</b>	<b>TUESDAY 11th</b>	<b>WEDNESDAY 12th</b>	<b>THURSDAY 13th</b>	<b>FRIDAY 14th</b>
(DF) Mr. Buell's Goulash  Or Grilled Ham & Cheese On Wheat  Steamed Green Beans	(DF) Penne Pasta with Marinara Sauce  Or Italian Sub  Steamed Broccoli	(DF) Whole Wheat Pancakes  And Scrambled Eggs Turkey Sausage  Fresh Fruit	Chicken Quesadilla  Or Cheese Quesadilla  Red Beans and Rice	(DF) Chicken Chop Suey  Or Egg Drop Soup  Rice Pilaf
<b>MONDAY 17th</b>	<b>TUESDAY 18th</b>	<b>WEDNESDAY 19th</b>	<b>THURSDAY 20th</b>	<b>FRIDAY 21st</b>
(DF) Sirloin Burger  Or Turkey & Cheese Sub  Potato Leek Soup	Turkey Tetrzzini  Or Tuna Salad Wrap  Steamed Green Beans	Pita Pizza  Or Grilled Turkey & Cheese Pita  Roasted Cauliflower	Chicken Tacos  Or Southwestern Caesar Salad  Refried Beans	Beef Stroganoff Over Egg Noodles  Or Chicken Salad On English Muffin  Sweet Potatoes

MONDAY 24th	TUESDAY 25th	WEDNESDAY 26th	THURSDAY 27th	FRIDAY 28th
(DF) Sloppy Joes  Or  Turkey Sandwich  Roasted Redskin Potatoes	Chicken Alfredo With Rotini  Or  Ham & Cheese Sandwich  Acorn Squash	LBI French Bread Pizza  Or  Egg Salad Sandwich  Steamed Broccoli	<b>BROWN BAG LUNCH AT HA/SF SITE</b>  (DF) Barbequed Chicken  Or  Turkey Hot Dog  Steamed Corn	<b>NO LUNCH</b>  No school for HA/SF  ½ day for IC/SEAS
<b>MONDAY 31st</b>				
(DF) Chicken Gyro  Or  Vegetable Gyro    Greek Salad				
<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>
Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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GET TO KNOW THE MENU

- **Goulash**- Hungarian stew consisting of meat, vegetables, and egg noodles. Seasoned with Paprika and other spices.
- **Chop Suey**- Chinese dish consisting of meat, vegetables such as bean sprouts, cabbage, and thickened with corn starch. Can be served with Chow Mein noodles, rice noodles, or rice.
- **Gyro**- A Greek pita sandwich that consists of a meat, onion, tomato, feta cheese, and cucumber yogurt sauce called tzatziki.
- **Florentine**- A dish that is dressed or served with spinach.

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