



October 2016

Lunch



LOWELL COLLEGIATE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
October 3, 2016 CHICKEN TENDERS W/SWEET POTATO PUFFS Peas & Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk	October 4, 2016 SLOPPY JOE WG Hamburger Roll Potato Rounds Grape Juice Ketchup Choice of Milk	October 5, 2016 CHICKEN QUESO BURRITO Salsa Cup Refried Beans Diced Peaches Choice of Milk	October 6, 2016 CHEESE PIZZA Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk	October 7, 2016 RIB-B-QUE WG Hamburger Roll Whole Kernel Corn Fresh Fruit Choice of Milk
October 10, 2016 COLUMBUS DAY	October 11, 2016 MINI CORN DOGS & CHICKEN FUN MIX French Fries Blended Fruit Juice BBQ Sauce Ketchup Choice of Milk	October 12, 2016 CRISPY CHICKEN FILLET WG Hamburger Roll Taco Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk	October 13, 2016 CHEESEBURGER MAC Country Blend Vegetables Fresh Fruit Choice of Milk	October 14, 2016 PEPPERONI PIZZA WRAP Broccoli Florets Fat Free Ranch Dressing Pineapple Tidbits Choice of Milk
October 17, 2016 CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Garden Peas Mixed Fruit Cup Choice of Milk	October 18, 2016 CHEESE PIZZA Broccoli Pineapple Tidbits Choice of Milk	October 19, 2016 *BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Golden Potato Rounds Orange Juice Syrup Ketchup Choice of Milk	October 20, 2016 SANTA FE CHICKEN Tortilla Chips Whole Kernel Corn Fresh Fruit Choice of Milk	October 21, 2016 *FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER WG Hamburger Roll Maple Baked Beans Green Pepper Slices Fat Free Ranch Dressing Fresh Fruit Mustard Ketchup Choice of Milk
October 24, 2016 *FOOD DAY* CHICKEN WINGS Southwest Corn Orange Sorbet 100% Juice BBQ Sauce Pumpkin Chocolate Chip Mini Loaf Choice of Milk	October 25, 2016 TURKEY BURGER WITH POTATO WEDGES WG Hamburger Roll Green Beans Strawberry Applesauce Light Mayonnaise Ketchup Choice of Milk	October 26, 2016 PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk	October 27, 2016 HOT DOG W/ POTATO ROUNDS WG Hot Dog Roll Maple Baked Beans Fresh Fruit Mustard Ketchup Choice of Milk	October 28, 2016 *AROUND THE WORLD DAY* TASTE OF ITALY! ROTINI BAKE WITH MEATSAUCE Italian Mixed Vegetables Diced Peaches Lemon Cookie Choice of Milk
October 31, 2016 CHICKEN TENDERS WITH POTATO WEDGES Peas & Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk	November 1, 2016	November 2, 2016	November 3, 2016	November 4, 2016

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.



Mediterranean Green Beans

LUNCH

Italian Rotini Bake

Rib-B-Que



AROUND THE WORLD DAY: WHAT FLAVOR OF THE WORLD DO YOU WANT TO TASTE?