



OCTOBER | 2018

Sandwich Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 1 Crunchy Chicken Wrap Potato Salad Raisins Fruited Jell-O 6 | 2 Haystack Pork Pea & Cheese Salad Applesauce 4 | 3 Egg Salad Baked Beans Pears Orange Juice 6 | 4 Seafood Sub Corn with peppers Banana 7 | 5 PB & J Tomato Basil Salad Fresh Apple 6 |
| 8 Mushroom Chicken Wrap Cucumber Lemon Tomato Basil Salad Fresh Orange 5 | 9 Bleu Moon Carrot Raisin Salad Banana 6 | 10 Pizza Sub Raisins Carrot & Celery Sticks Mandarin Oranges 7 | 11 Chicken Salad on a Croissant Potato Salad Fruited Yogurt 4 | 12 Meatloaf Corn with Peppers Tropical Fruit 5 |
| 15 Turkey BLT Carrots Raisin Salad Fresh Apple 5 | 16 Bistro Sandwich Fruited Jell-O Marinated Cucumbers 5 | 17 Chicken Fajita Wrap Ambrosia Corn with Peppers 6 | 18 Roast Beef & Swiss Banana Yogurt Carrot & Celery Sticks 6 | 19 Tuna Salad Raisins Creamy Cucumbers 6 |
| 22 Turkey on an Onion Bun Banana Baked Beans 6 | 23 Pastrami and Swiss Fruit Cocktail Fresh Orange 6 | 24 Tomato Salami Raisins Corn with Peppers 6 | 25 Southwest Wrap Tropical Fruit Carrot & Celery Sticks Cake 6 | 26 Chicken Veggie Pita Apple Side Salad 7 |
| 29 Chicken Burrito Corn with Peppers Applesauce 7 | 30 Turkey Bagel Raisins Baked Beans 6 | 31 Grilled Chicken Raisins Creamy Cucumbers 5 | ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates | |

News

Includes Low Fat Milk

Meals Include 1/3 of the
 Recommended Daily Allowance
 (RDA)

Meals Subject to Change

Special Events

**October 25: Birthday
 Celebrations**

October 31: Halloween



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