

October 2017 OJA

MON

TUE

WED

THU

FRI

2
Bean burrito
Mexican corn
apples
1%white or skim milk

3
Ravioli
Garlic bread
Green beans
Pineapple
1%white or skim
milk

4
Veggie burger
Steamed carrots
chips
banana
1%white or skim milk

5
Fajita Bowl
Black bean & corn salsa
Yellow rice
Milk 1% or fat 1%white
or skim milk

6
Deep dish Pizza
salad
fresh fruit
Milk 1% or fat free

9
Mac & Cheese
mixed veggies
mandarin oranges
1%white or skim milk

10
Spaghetti with
marinara sauce
Breadstick
fruit salad
1%white or skim
milk

11
Vegetarian chili
Brown rice
Pineapple
pears
1%white or skim milk

12
Sloppy Joe/bun
Roasted potatoes
roll
fruit salad
1%white or skim milk

13
Veggie Taco Salad
Tortilla strips
Seasonal fresh fruit
1%white or skim
milk

16
Southwest bowl
(black beans, corn,
cheese, yellow rice &
ranch
peaches
Milk 1% or fat free

17
Lasagna
Italian veggies
breadstick
Pineapple
1%white or skim
milk

18
Veggie burger
Steamed carrots
chips
banana
1%white or skim milk

19
Veggie Shepard's Pie
Wheat roll
fresh fruit
Milk 1% or fat 1%white
or skim milk

20
Deep dish Pizza
salad
fresh fruit
Milk 1% or fat free

23
Mac & Cheese
mixed veggies
mandarin oranges
1%white or skim milk

24
Broccoli alfredo
w/pasta
Italian veggies
Bread stick
fruit salad
1%white or skim

25
Black bean soup
Yellow rice
Mixed veggies
salad
pears

26
Spaghetti with
marinara sauce
Breadstick
fruit salad
1%white or skim

27
Veggie Taco Salad
Tortilla strips
Seasonal fresh fruit
1%white or skim
milk

30
Bean burrito
Mexican corn
apples
1%white or skim milk

31
Ravioli
Garlic bread
Green beans
Pineapple
1%white or skim
milk

milk

