OCES K3 LUNCH MENU
OCTOBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Nuggets/WWR OR Grilled Cheese Mashed Potatoes Broccoli and Cheese Carrots Fruit Choice Milk or Juice OR CHEF SALAD	2 Taco w/Chips OR Chicken Fajita Cheese/Lettuce/Salsa Pinto Beans Fruit Choice Milk/Juice	3 Pepperoni OR Cheese Pizza Corn Green Beans Carrots Fruit Choice Milk or Juice
6 	7	8 FALL BREAK	9	10
13 Cheeseburger OR BBQ Sandwich Baby Lima Beans Corn Lettuce/Pickle/Tomato Fruit Choice Milk or Juice	14 Turkey & Cheese Sub OR Meatballs w/Gravy Buttered Noodles Green Beans Fritos Carrots Fruit Choice Milk or Juice NATIONAL	15 Chicken Sandwich OR Hot Ham & Cheese French Fries Romaine Salad Carrots Fruit Choice Milk or Juice OR CHEF SALAD SCHOOL LUNCH	16 Brunch for Lunch Egg/Sausage Biscuits & Gravy Tater Tots Baked Apples Carrots Fruit Choice Milk or Juice WEEK	17 Cheese Pizza OR Chicken Bits Mashed Potatoes Peas Carrots Fruit Choice Milk or Juice
20 Hamburger OR Hot Dog Tator Tots Baked Beans Lettuce/Pickle/Tomato Fruit Choice Milk or Juice	21 Steak Quesadilla OR Chicken Fajita Cheese/Lettuce/Salsa Pinto Beans Fruit Choice Milk or Juice	22 Turkey Cheese Wrap OR Spaghetti w/Meat Sauce/Garlic Bread Romaine Salad Green Beans Carrots Fruit Choice Milk or Juice OR CHEF SALAD	23 Sliced Ham OR Turkey w/Gravy Mashed Potatoes Green Beans Carrots Whole Wheat Roll Fruit Choice Milk or Juice	24 Fish Stick OR Chicken Sandwich Macaroni and Cheese Baked Beans Broccoli Florets Fruit Choice Milk or Juice
27 Chicken Wrap OR Turkey Pot Pie Green Beans Romaine Salad Carrots Fruit Choice Milk or Juice	28 Beef Nachos OR Chicken Fajita Corn Pinto Beans Carrots Fruit Choice Milk or Juice	29 Ham & Cheese Wrap OR Hamburger Pickle/Lettuce/Tomato French Fries Baked Beans Fruit Choice Milk or Juice OR CHEF SALAD	30 Philly Steak w/Gravy/WWR OR Grilled Chicken Patty Mashed Potatoes Black Eyed Peas Carrots Fruit Choice Milk or Juice	31 Grilled Cheese OR Peanut Butter Chili Buttered Potatoes Carrots Fruit Choice Milk or Juice

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