

ZHS Lunch October 2017

Mon

Tue

Wed

Thu

Fri

2 Chicken Tenders Mac and Cheese California Blend Veggies Tossed Salad Fruit Choice Rolls Milk Choice	3 Lasagna Broccoli Tossed Salad Fruit Choice Garlic Rolls Milk Choice	4 Chicken Chunks /Brw Gravy Rice Sweet Potatoes Tossed Salad Fruit Choice Rolls Milk Choice	5 Baked Chicken Loaded Mashed Potatoes Peas Tossed Salad Fruit Choice Roll Milk Choice	6 Jambalaya White Beans Cabbage Tossed Salad Fruit Choice Cornbread Milk Choice
9 No School	10 No School	11 Meatloaf Mashed Potatoes Peas Tossed Salad Fruit Choice Rolls Milk Choice	12 Gumbo Rice Potato Salad Seasoned Greens Fruit Choice Crackers <i>Milk choice</i>	13 Fish Scalloped Potatoes Seasoned Green Beans Tossed Salad Fruit Choice Rolls Milk Choice
16 Chicken Tenders Mac and Cheese Sweet Potatoes Broccoli Fruit Choice Rolls Milk Choice	17 Red Beans and Sausage Rice Seasoned Green Beans Tossed Salad Fruit Choice Cornbread Milk Choice	18 Chicken Fajitas Spanish Rice Corn Cobbetts Tossed Salad Lettuce and Tomato Cup Fruit Choice Milk Choice	19 Pastalaya White Beans Cabbage Tossed Salad Rolls/Cornbread Fruit Choice Milk Choice	20 Chili Dog/Bun Tator Tots Tomato and Cucumber Salad Tossed Salad Fruit Choice Milk Choice
23 Salisbury Steaks and Gravy Mashed Potatoes Carrot Coins Tossed Salad Fruit Choice Rolls Milk Choice	24 Chicken and Sausage (Chicken gravy) Rice California blend Vegetables Tossed Salad Pineapples Milk Choice	25 Ground Beef Spaghetti Spinach Tossed Salad Fruit Choice Rolls <i>Milk Choice</i>	26 Baked/BBQ Chicken Roasted Potatoes Tomato and Cucumber salad Tossed Salad Fruit Choice Rolls Milk Choice	27 BBQ Sandwich on Bun Baked Beans Tossed Salad Fruit Choice Milk Choice
30 Meatball Subs Tator Tots Tossed Salad Fruit Choice Milk Choice	31 Red Beans and Sausage Rice Seasoned Green Beans Tossed Salad Fruit Choice Cornbread Milk Choice			