

TIMHS October 2017

USDA is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
2 Veggie Marinara with Pasta , mozzarella cheese stick, Raw veggies, Lettuce salad, whole apple. Skim, 1% or FF chocolate milk	3 Turkey Taco with lettuce and cheese , seasoned pinto beans, Raw veggies, fresh red grapes, picante salsa. Skim, 1% or FF chocolate milk	4 Homemade whole grain cheese or pepperoni pizza , cauliflower florets, Raw veggies, California raisins. Skim, 1% or FF chocolate milk	5 Pulled Pork on whole wheat bun , baked French fries, Raw veggies, Lettuce salad, fresh orange smiles. Skim, 1% or FF chocolate milk	6 Chicken Nuggets , brown rice, peas & carrots, Raw veggies, sliced cling peaches. Skim, 1% or FF chocolate milk
9 Cheese Quesadilla , seasoned black beans, Raw veggies, Lettuce salad, fresh strawberries, picante salsa. Skim, 1% or FF chocolate milk	10 Beef Hamburger on whole wheat bun , baked French fries, Raw veggies, fresh cut melon medley. Skim, 1% or FF chocolate milk	11 Homemade whole grain cheese or pepperoni pizza , asparagus spears, Raw veggies, Lettuce salad, fruit cocktail. Skim, 1% or FF chocolate milk	12 Pork Green Chili Burrito , sweet corn kernels, Raw veggies, Lettuce salad, pineapple chunks, picante salsa. Skim, 1% or FF chocolate milk	13 Pasta with chicken, broccoli & garlic sauce , carrot coins, Raw veggies, Lettuce salad, sliced pears. Skim, 1% or FF chocolate milk
16 Lemon Basil Pesto Pasta , mozzarella cheese stick, carrot coins, Raw veggies, Lettuce salad, whole apple. Skim, 1% or FF chocolate milk	17 Turkey Taco with lettuce and cheese , seasoned pinto beans, Raw veggies, fresh red grapes, picante salsa. Skim, 1% or FF chocolate milk	18 Homemade whole grain cheese or pepperoni pizza , lemon broccoli, Raw veggies, Lettuce salad, banana. Skim, 1% or FF chocolate milk	19 Grilled Ham & Cheese on whole wheat bread , baked French fries, Raw veggies, fresh orange smiles. Skim, 1% or FF chocolate milk	20 Zesty Chicken Burrito , sweet corn kernels, Raw veggies, Lettuce salad, fruit cocktail, picante salsa. Skim, 1% or FF chocolate milk
23 Frito Chili Pie , Raw veggies, Lettuce salad, old fashioned applesauce. Skim, 1% or FF chocolate milk	24 Beef Hamburger on whole wheat bun , French fries, Raw veggies, fresh cut watermelon. Skim, 1% or FF chocolate milk	25 Whole Grain Cheese or Pepperoni Pizza , green peas, Raw veggies, Lettuce salad, sliced peaches. Skim, 1% or FF chocolate milk	26 Pork Stir Fry , brown rice, Raw veggies, Lettuce salad, mandarin oranges. Skim, 1% or FF chocolate milk.	27 HALF DAY NO LUNCH!
30 Veggie Marinara with Pasta , mozzarella cheese stick, Raw veggies, Lettuce salad, whole apple. Skim, 1% or FF chocolate milk	31 Turkey Taco with lettuce and cheese , Seasoned Pinto beans, Raw veggies, fresh red grapes, picante salsa, skim, 1% or FF chocolate milk			