



PUMPKIN - Contains
Fiber, Zinc, Potassium.
Vit. A & Beta Carotene

**October 2018
Crusader Café**

**Good for Heart,
Sleep, Skin, Eyes &
Weight Loss**



Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5
Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Oriental Sesame Chicken Salad Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	Wing Fling Corn Bread Muffin Potato Cakes Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Stuffed Crust Pizza Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>
8	9	10	11	12
Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Sweet & Sour Chicken Rice Broccoli Eggroll Fruit Cup <i>Grilled Italian</i>	PSAT Testing	Spaghetti & Meatballs California Vegetable Medley Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Chicken Quesadilla Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub</i>
15	16	17	18	19
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Chicken Parmesan Pasta & Sauce Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	Zesty Cuban Sandwich Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	Chicken Pita Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>	Crunchy Fish Strips Mac & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>
22	23	24	25	26
Crispy Chicken Salad Wheat Roll Carrots Fruit Cup <i>Grilled Italian</i>	Street Tacos Mexicali Corn Salad Refried Black Beans Spanish Rice Fruit Cup <i>Turkey Bacon Melt</i>	Shrimp Poppers Mashed Potatoes Wheat Roll Fruit Cup <i>Turkey Ranch Wrap</i>	Teriyaki Beef Fried Rice Thai Cabbage Salad Egg Roll Fruit Cup <i>Meatball Sub/Burrito</i>	Parent Teacher Conference NO SCHOOL
29	30	31		
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>		

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

"USDA is an equal opportunity provider and employer."