



# October 2017 Lunch Menu

No Pork Products Served



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Chicken Parmesan Sandwich</b> Parmesean Broccoli Fresh Fruit Beverage	3 <b>Turkey Dinner Bowl</b> Fresh Fruit Beverage	4 <b>Sloppy Joe</b> Roasted Sweet Potatoes Fresh Fruit Beverage	5 <b>Chicken Alfredo w/ Breadstick</b> California Blend Fresh Fruit Beverage	6 <b>Chicken Nuggets w/ Dipping Sauce</b> Cajun Black Beans Fresh Fruit Beverage Lintons BBQ Sauce
9 	10 <b>Cheesesteak Sandwich</b> Seasoned French Fries Fresh Fruit Beverage	11 <b>Chicken Parmesan</b> Parmesean Broccoli Fresh Fruit Beverage	12 <b>Mustard Sage Chicken with Apple Braised Cabbage and Cinnamon Pretzel Bites</b> Fresh Fruit Beverage	13 <b>Fresh Baked Pizza</b> Chilled Black Bean & Corn Salad Fresh Fruit Beverage
16 <b>BBQ Beef Riblett Platter</b> Creamy Cole Slaw Fresh Fruit Beverage	17 <b>Chicken Alfredo w/ Breadstick</b> California Blend Fresh Fruit Beverage	18 <b>Cheese Pizza Slice</b> Parmesean Broccoli Fresh Fruit Beverage	19 <b>Bacon &amp; Cheddar Baked Potato Skins</b> Orange Glazed Carrots Fresh Fruit Beverage	20 <b>Chicken Nuggets w/ Dipping Sauce</b> Sweet Potato Fries Fresh Fruit Beverage Lintons BBQ Sauce
23 <b>Old Bay Fish Sandwich</b> Creamy Cole Slaw Fresh Fruit Beverage Tartar Sauce	24 <b>Cheeseburger</b> Chilled Baby Carrots Fresh Fruit Beverage	25 <b>Boneless Buffalo Chicken Wings</b> Tater Tots Fresh Fruit Beverage	26 <b>Chicken Fajitas</b> Cajun Black Beans Fresh Fruit Beverage	27 <b>Cheese Pizza Slice</b> Garden Salad w. Italian Fresh Fruit Beverage
30 <b>Calzone</b> Roasted Baby Carrots Fresh Fruit Beverage	31 <b>General Tso's Meatballs</b> Broccoli Fresh Fruit Beverage			

## Fresh Fruit Selections

1c of fresh fruit offered  
daily

Apple Banana  
Pear Orange

## Milk Selections

choice of 8oz milk  
offered daily

1% Plain

Fat Free Plain

Fat Free Chocolate

**LINTONS**  
Food Service Management

This institution is an equal opportunity provider.