




Rosa Parks October 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Breaded Chicken Drumstick Corn Bread Loaf WG Greens Juice Milk	4 Popcorn Chicken, WG Dinner Roll WG Mashed Potatoes Pineapple Tidbits Milk	5 Chicken Alfredo Steamed Carrots Applesauce Milk	6 Nachos with Three-Bean Chili Shredded Cheddar Cheese Mixed Vegetables Juice Milk	7 Chicken and Cheese Quesadilla, WG Refried Beans Diced Peaches Milk
10 Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	11 Macaroni and Cheese WG Baked Beans Diced Pears Milk	12 Brunch for Lunch Chicken and Waffle Sweet Potato Tater Tots Applesauce Milk	13 Tangerine Chicken Brown Rice with Mixed Vegetables Dragon Juice Milk	14 Cheese Pizza WG Spinach Salad with Light Dressing Chilled Pineapple and Mandarin Oranges Milk
17 Sloppy Joes on WG Bun Seasoned Potato Wedges Chilled Peaches Milk	18 Soft Tacos (Turkey) Shredded Cheese Pinto Beans Applesauce Milk Taco Sauce	19 WG Brd Chicken Drumstick Dinner Roll WG Mixed Greens Chilled Pineapple Milk	20 Hamburger on a Whole Grain Bun Green Beans Fruit Juice Milk Ketchup and Mustard	21 Mini Ravioli with Marinara Glazed Carrots Pineapple and Mandarin Oranges Milk
24 Tangerine Chicken Brown Rice with Mixed Vegetables or Steamed Broccoli Dragon Juice Milk	25 Walking Tacos with Turkey and WG Tostitos Shredded Cheese Seasoned Pinto Applesauce Milk	26 BBQ Chicken Patty on WG Bun Green Beans Chilled Peaches Milk	27 Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Pears Milk	28 Chicken Nuggets, WG Breading Glazed Carrots Apple Juice Milk Ketchup
31 Cheeseburger on Whole Grain Bun Baked Beans Diced Pears Milk Ketchup and Mustard				

* This item may contain pork.

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.