

🍷 OCTOBER 2009 🍷

LUNCH – All lunches come with milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Nuggets Brown Rice Green Beans Mandarin Oranges	2 Super Nachos w/ Chili Fresh Veggies Frozen Fruit Bar
5 Spaghetti w/ meat sauce Baby Carrots Bread or Roll Pears	6 Cheese Pizza Garden Salad w/ fat free ranch dressing Brownie Pineapple Chunks	7 Chicken Sand. w/ lettuce, tomato, cheese, onion Tater Tots Peaches	8 Corn Dog Oven Fries Whole Grain Crackers Mixed Fruit	9 Baked Potato Bar w/ chili, cheese, onion Green Beans Bread Mandarin Oranges
12 BREAKFAST Pancakes Scrambled Eggs w/ ham & cheese Peaches	13 Pepperoni Pizza Garden Salad w/ fat free ranch dressing Cookie Peaches	14 Pioneer Hamb. w/ lettuce, tomato, cheese, onion Oven Fries Mixed Fruit	15 Bean & Cheese Burrito Spicy Rice Baby Carrots Fresh Apple	16 Sloppy Joe on Bun Buttered Corn Vegetarian Beans Pineapple Chunks
19 Taco Soup Fritos Pears	20 Cheese Pizza Garden Salad w/ fat free ranch dressing Cookie Peaches	21 Chicken Sand. w/ lettuce, tomato, cheese, onion Tater Tots Banana	22 Hot Dog on Bun Tortilla Chips Baby Carrots Fresh Apple	23 Super Nachos w/ chili Fresh Veggies Frozen Fruit Bar
26 Chicken Fajita w/sautéed onion, green pepper Garden Peas Mixed Fruit	27 Pepperoni Pizza Garden Salad w/ fat free ranch dressing Pineapple Chunks	28 Pioneer Hamb. w/ lettuce, tomato, cheese, onion Oven Fries Peaches	29 Grilled Cheese Sandwich Tomato Soup Fresh Apple	30 Homemade Chili Cornbread w/ honey butter Fresh Veggies Halloween Treat
BREAKFAST – All breakfasts come with milk				
Fruit Juice Bagel or English Muffin Egg or Sausage	Pancake on a Stick Cereal Yogurt	Fruit Cereal Muffin	French Toast Sticks w/syrup Fruit Juice	Fruit Cereal Yogurt Breakfast cracker
Paterson School is an equal opportunity provider and employer. Menu subject to change due to availability of food.				