

What's on the Menu?

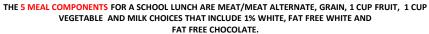
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Center for Autism October Lunch Menu

Staff Price \$5.25

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Monday		Wednesday	Thursday	Friday
		Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots	YOM KIPPUR WISHUP HAIT AND GOODNESS	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes ()
Week 1 :1) Hot 2) Ch	icken Patti Sandwich wi	h lettuce and tomatoes	includes 1 cup of fruit an	d 1 cup of vegetable
6 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans	7 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn	8 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll	Classic Cheese Pizza 1 Cup Caesar Salad	Classic Cheeseburger ½ Cup Tater Tots
Week 2 :	1) Hot 2) Ham and Chee	e Sandwich includes 1 c	up of fruit and 1 cup of v	egetable
INDIGENOUS PEOPLES DAY	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans	Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll	16 Pepperoni Pizza 1 Cup Garden Salad	Barbecue Rib Sandwich ½ Cup of Savory Green Beans
Week 3: 1) H	ot Lunch 2) Turkey and	Cheese Sandwich includ	es 1 cup of fruit or 1 cup	of vegetable
Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn	Italian Meatball Sub ½ Cup Steamed Broccoli	23 Classic Cheese Pizza ½ Cup Steamed Baby Carrots	Mashed Potato and Chicken
Week 4: 1) Hot Lunch	!) Chicken Caesar Salad	with Two Warm Dinner	Rolls includes 1 cup of fru	it or 1 cup of vegetable
27 Classic Cheeseburger ½ Cup Oven Baked Fries	Chicken Tacos Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn	29 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll	30 Classic Cheese Pizza ½ Cup Steamed Broccoli	3: Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries
		Ruffalo Chicken Pizza 1	cup of fruit 1 vegetable	
		t and Vegetable Bar (Availa		
Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Green Peas Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit







Vegetarian