

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Roasted Turkey w. gravy and brown rice <sup>3</sup> Or Beef &amp; cheese Burrito Steamed Veggies Just Picked Fresh Fruit</p>	<p>Chicken &amp; cheese Philly hoagie <sup>4</sup> Or Turkey-ham &amp; cheese melt Steamed Veggies Just Picked Fresh Fruit</p>	<p>Hard Shell Tacos <sup>5</sup> Or Chicken Fried Rice Steamed Veggies Just Picked Fresh Fruit</p>	<p>Spaghetti w. Meat Sauce <sup>6</sup> Or Turkey &amp; Cheese Wrap Steamed Veggies Just Picked Fresh Fruit</p>
<p>Chicken Pot Pie w. biscuit <sup>9</sup> Or Tuna Melt Steamed Veggies Just Picked Fresh Fruit</p>	<p>Turkey Sausage Pizza <sup>10</sup> Or Turkeyham &amp; Cheese Wrap Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Meatloaf Dinner roll <sup>11</sup> or Chili w/beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Chicken &amp; Waffles <sup>12</sup> Or Grilled Cheese sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>MmmBurger <sup>13</sup> Or Oven Baked Ham &amp; Cheese Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>
<p>BBQ meatball sub <sup>16</sup> Or BBQ Pulled Chicken Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>All Beef Hot Dog <sup>17</sup> Or Sloppy Joe Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Chicken parmesan Sandwich <sup>18</sup> Or Grilled Cheese Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Crispy Chicken &amp; Cheese Sandwich <sup>19</sup> Or Nachos Supreme Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Homestyle Mac &amp; Cheese <sup>20</sup> Sliced Turkey w/ dinner roll Or Turkey &amp; cheese sub Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>
<p>Sweet &amp; Sour Chicken w. Brown Rice <sup>23</sup> Or Homestyle Chili Mac Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk <b>FIRST DAY OF FALL!</b></p>	<p>Taco Tuesday <sup>24</sup> Or Turkey &amp; Cheese on Wheat Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>BBQ Chicken legs w/ brown rice <sup>25</sup> Or Chicken Quesadilla Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Mmmburger w. Cheese <sup>26</sup> Or Crispy Chicken Bowl w. Mashed Potatoes Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>Baked Mostaccioli <sup>27</sup> Or Cheese Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>
<p>Pasta Alfredo <sup>30</sup> Or Turkey Melt Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk</p>				

Daily Choices:

~Entrée #1

~Entrée #2

~Entrée #3  
Rotating Salad  
Veggie Combo  
Turkey  
Turkey Ham  
Tuna  
Chicken

Fresh Fruit Daily

&

Vegetables Daily

Any comments, questions, or concerns please contact the District Manager Zetta Piggott at (708)868-7586 or by email [piggottz@sd149.org](mailto:piggottz@sd149.org)

