

BCP October 2018 Lunch Menu

Each lunch is served with milk daily

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Teriyaki Meatballs over Brown Rice Edemame & Corn Blend Asian Mix Vegetables Mandarin Orange Cup	4 Chicken Ceasar Salad with Dressing Whole Heat Bread Whole Grain Savory Herb Bites Fresh Banana	5 Whole Grain Chicken Nuggets Whole Wheat Bread Mashed Potatoes Yellow Corn Pineapple Cup
8 Southwest Nachos w/ Queso Sauce Black Beans Salsa Pineapple Cup	9 Hot Dog on WG Bun Snack Pack Gree Beans Diced Sweet Potatoes Peach Cup	10 Whole Grain Chicken Nuggets Mashed Potatoes Yellow Corn Banana	11 Salisbury Steak w/Gravy Butternut Squash Green Peas Bread Roll	12 Whole Grain Pepperoni Pizza Pocket Yellow Corn Italian Flat Beans Fresh Apple
15 Meatball Sub on Whole Grain Bun Snack Pack Carrot Coins Italian Flat Beans Applesauce Cup	16 BBQ Baked Chicken Whole Grain Bread Baked Beans Mashed Potatoes Peach Cup	17 Beef Tacos on Whole Wheat Tortillas Salsa & Taco Sauce Corn & Black Bean Mix Pineapple Cup	18 Chicken Parmesan over Whole Grain Rotini Noodles & Marinara Spinach Italian Vegetable Blend Pear Cup	19 Cheeseburger on Whole Grain Bun Diced Sweet Potatoes Green Beans Fresh Banana
22 Whole Grain Breaded Chicken Patty Sandwich on WG Bun Diced Potatoes Mixed Vegetable Applesauce Cup	23 Whole Grain Cheese Quesadilla Black Beans Salsa Mixed Fruit Cup	24 Baked Chicken Whole Grain Bread Mashed Potatoes Green Beans Peach Cup	25 BBQ Beef Riblet on Whole Grain Bun Broccoli Cuts Diced Sweet Potatoes Fresh Apple	26 Turkey & Cheese Sandwich on Whole Grain Bun Carrots & Celery w/Ranch Lemon Blue Raspberry Frozen Fruit Juice