

Colonial Academy Lunch

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday		
3	4	5	6	7		
<p>Sweet & Sour Fajita Strips Soft Tortilla <u>OR</u> Chicken Patty on a Bun <u>OR</u> Ham & Cheese Hoagie Black Beans Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Mini Corn Dog Nuggets Dinner Roll <u>OR</u> Chicken Patty on a Bun <u>OR</u> Turkey & Cheese Hoagie BBQ Beans Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Saucy Meatballs On a Hoagie Roll <u>OR</u> Chicken Patty on a Bun <u>OR</u> Italian Hoagie Steamed Corn Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Individual Round Pizza <u>OR</u> Chicken Patty on a Bun <u>OR</u> <u>OR</u> Turkey & Cheese Hoagie Green Beans Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Hot Dog on a Bun <u>OR</u> Chicken Patty on a Bun <u>OR</u> Ham & Cheese Hoagie Mixed Vegetables Veggie Crudité Cup Asst. Canned Fruit Asst. Fresh Fruit Choice of Milk</p>		
10	11	12	13	14		
<p>No School</p>	<p>Chicken Nuggets Dinner Roll <u>OR</u> Cheeseburger on a Bun <u>OR</u> Turkey & Cheese Hoagie Vegetarian Beans Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Pizza Sticks w/ Dipping Sauce <u>OR</u> Cheeseburger on a Bun <u>OR</u> Italian Hoagie Seasoned Peas Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Teriyaki Glazed Chicken Brown Rice / Dinner Roll <u>OR</u> Cheeseburger on a Bun <u>OR</u> Turkey & Cheese Hoagie Mixed Vegetables Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Beef Rib-b-que on a Bun <u>OR</u> Cheeseburger on a Bun <u>OR</u> Ham & Cheese Hoagie Potato Smiles Veggie Crudité Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>		
17	18	19	20	21		
<p>Chicken & Cheese Quesadilla w/ Salsa <u>OR</u> Hot Ham & Cheese on a Pretzel Bun <u>OR</u> Ham & Cheese Hoagie Steamed Broccoli Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Hot & Spicy Chicken Patty on a Bun <u>OR</u> Hot Ham & Cheese on a Pretzel Bun <u>OR</u> Turkey & Cheese Hoagie Oven Fries Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>2 Hot Dogs On 2 Buns <u>OR</u> Hot Ham & Cheese on a Pretzel Bun <u>OR</u> Italian Hoagie BBQ Beans Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Chicken Strips w/ Dinner Roll <u>OR</u> Hot Ham & Cheese on a Pretzel Bun <u>OR</u> Turkey & Cheese Hoagie Green Beans Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Breaded Mozzarella Sticks / Sauce <u>OR</u> Hot Ham & Cheese on a Pretzel Bun <u>OR</u> Ham & Cheese Hoagie Steamed Carrots Veggie Crudité Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>		
24	25	26	27	28		
<p>Sweet & Sour Fajita Strips Soft Tortilla <u>OR</u> Hot & Spicy Chicken Patty on a Bun <u>OR</u> Ham & Cheese Hoagie Steamed Corn Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Cheeseburger on a Bun <u>OR</u> Hot & Spicy Chicken Patty on a Bun <u>OR</u> Turkey & Cheese Hoagie Black Beans Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Mini Corn Dog Nuggets Dinner Roll <u>OR</u> Hot & Spicy Chicken Patty on a Bun <u>OR</u> Italian Hoagie Romaine Lettuce Asst. Canned Fruit Celery Sticks Assorted Fresh Fruit Choice of Milk</p>	<p>French Bread Pizza <u>OR</u> Hot & Spicy Chicken Patty on a Bun <u>OR</u> Turkey & Cheese Hoagie Italian Vegetables Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Pizza Crunchers w/ Dipping Sauce <u>OR</u> Hot & Spicy Chicken Patty on a Bun <u>OR</u> Ham & Cheese Hoagie Mixed Vegetables Veggie Crudité Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>		
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<p>Chicken Patty On a Bun <u>OR</u> Cheeseburger on a Bun <u>OR</u> Ham & Cheese Hoagie Oven Fries Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p>Choices of Milk/Milk alternative: 1% White Milk, Fat Free Strawberry, Fat Free Chocolate, Lactaid</p>			<p>Canned fruits could include: Peaches, Pears, mixed fruit, Apple sauce, Mandarin oranges or pineapple</p>	<p>Fruit could include: Apples, Oranges, Bananas, Fresh Pears</p>	<p>Meat Alternative s Week 1,3,5 Grilled Cheese Week 2,4 Nachos w/ salsa,cheese,bread</p>

MBA