



Panther Paw Pack offered everyday as an entrée choice. Mon-Wed-Fri PB & J Tues-Thurs Deli Ham or Turkey

This institution is an equal opportunity provider



LUNCH MEAL PATTERN

- 2 oz. grain (8 oz. minimum per week)
- 2 oz. meat/meat alternate (8-9 oz. minimum per week)
- 1 Cup vegetable daily (3 ¾ cups per week minimum)
- ½ cup fruit daily (2 ½ cups per week)
- 1 cup Milk daily



Monday

Tuesday

Wednesday

Thursday

Friday

Meatball Sub or Hot Dog, Sidewinder Fries, Baked Beans, Fruit choice, Milk **2**

Steak w/gravy or Chicken Smackers, Roll, Mashed Potatoes, Glazed Carrots, Fruit choice, Milk **3**

Hamburger Steak, Roll or Pizza Romaine Salad, Baked Potato, Green Beans, Fruit choice, Milk **4**

Ravioli Casserole or Chicken Fajita, Pinto Beans, Corn, Fruit Choice, Milk **5**

BBQ or Cheeseburger w/ Bun, Spicy Fries, Baby Carrots w/dip, Slaw, Fruit Choice, Milk **6**

Fall Break **9**

Fall Break **10**

Fall Break **11**

Fall Break **12**

Fall Break **13**

Tacos or Corn Dogs, Corn on the Cob, Pinto Beans, Fruit choice, Milk **16**

Turkey w/gravy or Chicken Strips, Cornbread, Mashed Potatoes, Glazed Carrots, Turnip Greens, Fruit choice, Milk **17**

Spaghetti w/breadstick or Stuffed crust Pizza, Green Beans, Romaine Salad,, Fruit choice, Milk **18**

BBQ Nacho's or Calzone, Corn, Baby Carrots w/dip, Broccoli w/cheese, Fruit choice, Milk **19**

Poppy seed Chicken or Ham-Burger w/Bun, Ranch Potatoes, Black-eyed Peas, Fruit choice, Milk **20**

Chicken & Dumplings, Cornbread or Hot dog, Sweet Potato Fries, White Beans, Fruit choice, Milk **23**

Hamburger Steak, Roll or Chicken Sandwich, Baked Potato, Romaine Salad, Baby Carrots w/dip, Fruit Choice, Milk **24**

Chicken Smackers or Pizza, Green Beans, Roasted Potatoes, Fruit choice, Milk **25**

Fish, Hushpuppies or Chicken Fajita's, French Fries, Turnip Greens, Slaw, Fruit Choice, Milk **26**

Chicken Alfredo w/Breadstick Or Cheeseburger w/bun, Romaine Salad, Creamy Corn, Mashed Potatoes, Fruit choice, Milk **27**

Meatball Sub or Mini Corn Dogs, Fries, Baked Beans, Veggies w/dip, Fruit choice Milk **30**

Steak w/gravy or Chicken Strips, Roll, Black eyed Peas, Glazed Carrots, Fruit choice, Milk **31**



October 2017

LUNCH

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