

What's on the Menu?

Ces Center for Autism October Lunch Menu

Staff Price \$4.50
Wednesday



Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream



Chicken Nuggets
% Cup Steamed Green Beans
1 Whole Grain Dinner Roll





Thursday

The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes

Friday



Week 1 :1) Hot 2) Turkey and Cheese Sandwich

Grilled Cheese 6oz of Tomato Soup



Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll

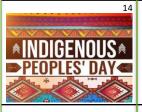
Pepperoni Pizza ½ Cup Steamed Broccoli



Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll



Week 2:1) Hot 2) Chicken Patty Sandwich



Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 15



Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll



Classic Cheese Pizza 1 cup Caesar Salad



Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges



Week 3: 1) Hot Lunch 2) Buffalo Chicken Wrap

23

Classic Cheeseburger
½ Cup Steamed
Corn on the Cobb

21



Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn





Macaroni and Cheese

½ Cup Savory Steamed
Green Beans

1 Whole Grain Dinner Roll



Pepperoni Pizza 1 Cup Garden Salad



Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries



Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls

Chicken Parmesan Sandwich Steamed Baby Carrots



Beef, Bean and Cheddar Burrito
½ Cup Golden
Steamed Corn



Italian Beef Meatball Sub ½ Cup of Steamed Cheezy Broccoli



Classic Cheese Pizza ½ Cup Steamed Baby Carrots



Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza

Fresh Fru<mark>i</mark>t and Vegetable Bar (Avail<mark>a</mark>ble Daily)

Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY, FAT FREE CHOCOLATE.

