



October, 2008 - Lunch

<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish.</i> <i>-State regulations require milk to be served with each meal.</i> <i>-Visit us at www.goodfoodco.com</i> <i>-Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>	<p>10/1 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>10/2 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>10/3 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>10/6 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>10/7 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>10/8 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>10/9 Turkey & cheese wrap Mixed vegetables Fresh fruit</p>	<p>10/10 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>10/13 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>10/14 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>10/15 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>10/16 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>10/17 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>10/20 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>10/21 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>10/22 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>10/23 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>10/24 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>10/27 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>10/28 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>10/29 Chicken nuggets Potato soup Wheat bread/butter Fresh fruit</p>	<p>10/30 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>10/31 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>