October LUNCH MENU Phillips School: Laurel

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	2		**1**		**2**		**3**		**4**
		BBQ Chicken Sandwich	(2 oz)	Fajita Chicken	(2 oz)	Baked Chicken	(2 oz)	Chicken Salad Sandwich	(2 oz)
SCHOOL CLOSED		Baked Beans (Veggie)	(1 c)	Brown Rice (yellowrecipe)	(1 c)	Roasted Potatoes	(1/2 c)	Salad : Romaine&MesclunMix	(1.5 c)
		Fresh Cantaloupe *	(1 c)	Green Pepper & Onion	(1/4c ea)	Sliced Carrots	(1/2 c)	Tomato & Cucumber	(1/4 c)
COLUMBUS DAY		Whole Grain Hot Dog Roll	(2 oz)	Diced Tomato	(1/4 c)	Cinnamon Apple Slices	(1 c)	Italian Dressing	(2 oz)
				Broccoli	(1/2 c)	Whole Grain Wheat Bread	(2 slice)	Fresh Honeydew melon *	(1 c)
				Fresh Water Melon *	(1 c)			Whole Grain Wheat Bread	(2 slice)
		Milk	(8 oz)	Milk	(8 oz)	Milk	(8oz)	Milk	(8 oz)
	7		**8**		**9**		**10**		**11**
		Teri-Yaki Meatballs	(2 oz)						
Hamburger	(2 oz)	Fried Brown Rice	(1 c)	Grilled Chicken Salad	(2 oz)	Cheesey Burger Pasta	(1 c)	BBQ Chicken	(2 oz)
Baked Beans (Veggie)	(1 c)	Onion	(1/4 c)	Salad : Romaine&MesclunMix	(1.5 c)	with Ground Turkey	(2 oz)	Dirty Brown Rice	(1 c)
Fresh Cantaloupe *	(1 c)	Carrots	(1/2 c)	Tomato Wedge	(1/4 c)	Whole Grain Penne Pasta	(1 c)	Corn &	(1/4 c)
Whole Grain Hot Dog Roll	(2 oz)	Green Peas	(1/4 c)	Whole Grain Croutons	(1 c)	Cheese Sauce	(2 oz)	Black Bean Salsa	(1/2 c)
		Green Beans	(1/4 c)	Caesar Dressing	(2 oz)	Broccoli	(1/2 c)	Tomato Sauce	(1/2 c)
		Banana *	(1 c)	Fresh Water Melon *	(1 c)	Mandarin Orange Slices	(1 c)	Fresh Honeydew melon *	(1 c)
Milk	(8 oz)	Milk	(8 oz)	Milk	(8 oz)	Milk	(8oz)	Milk	(8oz)
	14		**15**		**16**		**17**		**18**
Chicken Patty Sandwich	(2 oz)	Baked Chicken	(2 oz)	Sloppy Joe	(1 c)	Red Curry Chicken	(2 oz)	Whole Grain Spaghetti	(1 c)
Broccoli	(1 c)	Roasted Potatoes	(1/2 c)	with Ground Turkey	(2 oz)	Curried Tomato Sauce	(1/2 c)	w/ Turkey Meatballs	(2 oz)
Fresh Cantaloupe *	(1 c)	Sliced Carrots	(1/2 c)	Tomato Joe Sauce	(1/2 c)	Brown Rice (yellowrecipe)	(1 c)	Tomato Sauce	(1/2 c)
Whole Grain Burger Roll	(2 oz)	Fresh Honeydew melon *	(1 c)	Potato Wedges	(1/2 c)	Curried Kidney Beans	(1/2 c)	Green Beans	(1/2 c)
		Whole Grain Wheat Bread	(2 slice)	Cinnamon Apple Slices	(1 c)	Mandarin Orange Slices	(1 c)	Fresh Water Melon *	(1 c)
				Whole Grain Burger Roll	(2 oz)				
Milk	(8 oz)	Milk	(8oz)	Milk	(8oz)	Milk	(8 oz)	Milk	(8oz)
	21		**22**		**23**		**24**		**25**
All Beef Hot Dog	(2 oz)	Chicken Tenders	(2 oz)	Chicken Salad Sandwich	(2 oz)	Macaroni & Cheese(2 oz)	(1 c)	Peruvian Chicken	(2 oz)
Baked Beans (Veggie)	(1 c)	Brown Rice (yellowrecipe)	(1 c)	Salad : Romaine&MesclunMix	(1.5 c)	Whole Grain Elbow Macaroni	(1 c)	Peruvian Brown Rice	(1 c)
Fresh Water Melon *	(1 c)	Sliced Carrots	(1 c)	Tomato & Cucumber	(1/4 c)	Green Beans	(1 c)	w/ Red Kidney Beans	(1/2 c)
Whole Grain Burger Roll	(2 oz)	Fresh Honeydew melon *	(1 c)	Italian Dressing	(2 oz)	Pineapple Chunks	(1 c)	Diced Tomato	(1/2 c)
				Cinnamon Apple Slices	(1 c)			Corn	(1/2 c)
				Whole Grain Wheat Bread	(2 slice)			Fresh Cantaloupe *	(1 c)
Milk	(8 oz)	Milk	(8oz)	Milk	(8 oz)	Milk	(8oz)	Milk	(8 oz)
	28		**29**		**30**		**31**		
		Chili w/ ground beef	(2 oz)						
Hamburger	(2 oz)	Diced Tomatoes	(1/2 c)	Grilled Chicken Salad	(2 oz)	BBQ Chicken Sandwich	(2 oz)		
Baked Beans (Veggie)	(1 c)	Onion	(1/4 c)	Salad : Romaine&MesclunMix	(1.5 c)	Potato Wedges	(1 c)		
Fresh Honeydew melon *	(1 c)	Diced Green & Red Peppers	(1/4 c)	Tomato Wedge	(1/4 c)	Fresh Cantaloupe *	(1 c)		
Whole Grain Hot Dog Roll	(2 oz)	Red Kidney Beans	(1/4 c)	Whole Grain Croutons	(1 c)	Whole Grain Burger Roll	(2 oz)		
		Corn Bread	(2 oz)	Caesar Dressing	(2 oz)				
		Mandarin Orange Slices	(1 c)	Fresh Water Melon *	(1 c)				
Milk	(8 oz)	Milk	(8 oz)	Milk	(8 oz)	Milk	(8 oz)		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice Harrisberg Dairy, PA Bowie Produce, Landover MD