

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>School News</p> <p>BREAKFAST AVAILABLE IN ALL ELEMENTARY SCHOOLS Offered daily: 1/2 pint - 1% white, Skim, 1% Chocolate flavored Milk. Also 100% Fruit Juice. *Lower Percentage of fat of the two Entree's. Menu subject to change.</p> <p>Catawba County Schools is an equal opportunity employer.</p> <p>In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. to file a complaint of discrimination, write USDA, Director, Office of Civil Rights 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).</p>
			1 Lasagna w/Roll or Pork Chop Sandwich Golden Corn Tossed Salad Pears	2 Chicken BBQ Sandwich or Corndog Nuggets Coleslaw Pintos Pineapple	
5 Cheeseburger or Pizzatas Lettuce/Tomato French Fries Peaches	6 Grilled Cheese Sandwich or Bologna Sandwich Vegetable Soup Carrot Strips w/Dip Mixed Fruit	7 Manwich or Chicken Rings Baked Beans Tater Tots Applesauce	8 Roasted Chicken w/Roll or Corndog Green Beans Sweet Potatoes Fresh Fruit	9 Beef & Cheese Nachos or Deli Ham Sandwich Mashed Potatoes Tossed Salad Pears	
12 Pepperoni Pizza or Chicken Tenders Green Peas Steamed Carrots Mixed Fruit National	13 Chicken Fajita Wrap or Meatloaf w/Roll Lettuce/Tomato Golden Corn Peaches School	14 Cheeseburger or Popcorn Chicken Scalloped Potatoes Green Beans Pineapple	15 Spaghetti w/Roll or Cheese Stick Tossed Salad Black-eyed Peas Fruited Gelatin Lunch	16 Teriyaki Chicken or Deli Turkey Sandwich Lettuce/Tomato Broccoli & Cheese Fresh Fruit Week	
19 Chicken Fillet Sandwich Or Meatball Sub Au-Gratin Potatoes Green Beans Pears	20 Hotdog w/Chili or BBQ Pork Sandwich Tater Tots Coleslaw Fruit Pies	21 Grilled Chicken Sandwich Or Ravioli w/Roll California Blend Black-eyed Peas Fresh Fruit	22 Bowl of Chili with Tostito Scoops or Sausage Pizza Tossed Salad Potato Wedges Mixed Fruit	23 Taco's or Fish Shapes Lettuce/Tomato Golden Corn Peaches	
26 * WORK DAY	27 Spicy Chicken Sandwich Cheese Sticks Corn on the Cob Broccoli & Cheese Applesauce	28 Cheeseburger or Pizzatas Lettuce/Tomato French Fries Pears	29 Turkey Pie w/Roll or Bologna Sandwich Sweet Potatoes Green Peas Fresh Fruit	30 Pepperoni Pizza or Chicken Tenders Roasted Potatoes Tossed Salad Pineapple	

