

OCTOBER 2018

FOREST ELEMENTARY & HAWKINS MIDDLE LUNCH MENU

VARIETY OF MILK, CHEF SALADS & CONDIMENTS ARE OFFERED DAILY

Monday

1
Chicken Spaghetti
BBQ Pork Sandwich
Steamed Broccoli Florets
California Veggies
Garden Salad
Fresh Pears
Mandarin Fruit Cup
Roll

8
Steak Fingers
Ham & Cheese on Hoagie
Steamed Brown Rice
Steamed Broccoli Florets
Yam Patties
Tropical Fruit
Chilled Diced Pears
Rolls



15
22
Salisbury Steak W/Gravy
Hot Dog
Southern Turnip Greens
Mashed Potatoes
Garden Salad
Fresh Oranges
Pineapple Tidbits
Cornbread

29
Cheesy Chicken Over/Rice
BBQ Pork Sandwich
Steamed Broccoli Florets
California Veggies
Garden Salad
Fresh Pears
Mandarin Fruit Cup
Roll

Tuesday

2
Chili Con Carne W/ Beans
Ham and Cheese on Bun
Black-Eyed Peas
Potato Salad
Tossed Salad w/ Dressing
Mandarin Fruit Cup
Fresh Apples
Rolls, Yellow Cake

9
Chicken Nuggets
Fish Melt
Whole Kernel Corn
Baked Beans
Garden Salad
Fresh Bananas
Mandarin Fruit Cup
Chocolate Chip Cookie

16
Chicken Nuggets
Hot Dog
Mashed Potatoes
Steamed Broccoli Florets
Pinto Beans
Chilled Peach Slices
Fresh Apples
Rolls

23
Steak Fingers
Grilled Chicken Sandwich
Black-Eyed Peas
Scalloped Potatoes
Garden Salad
W/Dressing
Mandarin Fruit Cup
Fresh Apples

30
Vegetable Beef Soup
Ham and Cheese on Bun
Cornbread
Black-Eyed Peas
Potato Salad, Roll
Tossed Salad w/ Dressing
Mandarin Fruit Cup
Fresh Apples

Wednesday

3
Chicken Patty Sandwich
Hot Dog
Green Peas
Garden Salad
Potato Salad
W/Dressing
Glazed Carrots
Fresh Plums
Rosey Applesauce

10
Hamburger w/ Trimmings
Chicken Patty Sandwich
Seasoned Potato Wedges
Glazed Carrots
Garden Salad
W/Dressing
Pineapple Tidbits
Fruited Gelatin

17
Steak Fingers
Ham & Cheese on Hoagie
Corn on the Cob
Seasoned Lima Beans
Yam Patties
Tropical Fruit
Chilled Diced Pears
Rolls

24
Chicken Spaghetti
Ham and Cheese on Bun
Seasoned Lima Beans
Yam Patties
Steamed Broccoli Florets
Fresh Apples
Chilled Peaches
Roll

31
Chicken Patty Sandwich
Hot Dog
Green Peas
Garden Salad
W/Dressing
Glazed Carrots
Fresh Plums
Rosey Applesauce

Thursday

4
Red Beans and Rice
with Sausage
Grilled Chicken Sandwich
Southern Green Beans
Raw Veggies with Dip
Pinto Beans, Cornbread
Fresh Oranges
Fruited Gelatin



11
18
Spaghetti & Meat Sauce
Grilled Chicken Sandwich
Southern Green Beans
Black-Eyed Peas
California Veggies
Whole Wheat Garlic Toast
Mandarin Fruit Cup
Hot Cinnamon Apples

25
Fish Nuggets
Chicken Patty Sandwich
Whole Kernel Corn
Baked Beans
Garden Salad
Chilled Diced Pears
Fruited Gelatin, Roll
Chocolate Pudding

Friday

5
Beefy Nachos Grande
Beef & Bean Burrito
Whole Kernel Corn
Garden Salad
W/Dressing
Baked Beans
Fresh Fruit Bowl
Pineapple Tidbits

12
19
] Cheeseburger
Chicken Patty Sandwich
Seasoned Potato Wedges
Baked Beans
Garden Salad
Pineapple Tidbits
Fruited Gelatin
Chocolate Pudding

26
Hamburger w/ Trimmings
Chicken Nuggets
Seasoned Potato Wedges
Creamy Coleslaw
California Veggies
Fresh Bananas
Rosey Applesauce
Cookie