**MAYA ANGELOU LUNCH**

**OCTOBER 2019**

|  |  |  |  |  |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | 1  TACO CASSEROLE W/BEEF BLACK BEAN SALSA TOMATO SALSA PEARS MILK,1% Lowfat MILK,Skim | 2  LEMON ROSEMARY PEPPER CHICKEN BROWN RICE KIDNEY BEANS APPLES MILK,1% Lowfat MILK,Skim | 3  FLATBREAD W/MOZZARELLA DICED CHICKEN  TOMATO BASIL SALAD CORN CUP PEACH CUP MILK,1% Lowfat MILK,Skim | 4  ALL-BEEF BURGERS BLACK BEAN BURGER COLESLAW BANANAS MILK,1% Lowfat MILK,Skim |
| 7  RED BEANS & RICE TURKEY KIELBASA SPINACH SALAD ORANGES MILK,1% Lowfat MILK,Skim | 8  THAI CHICKEN TACOS DICED CHICKEN  BLACK BEAN SALSA CHOPPED TOMATO SALAD PEARS MILK,1% Lowfat MILK,Skim | 9  BBQ CHICKEN MASHED POTATOES ROLLS APPLES MILK,1% Lowfat MILK,Skim | 10  SALMON CAKES GREEEN BEANS ROLLS APPLESAUCE MILK,1% Lowfat MILK,Skim | 11  TURKEY HAM & CHEESE SANDWI TOMATO SOUP SPINACH SALAD BANANAS MILK,1% Lowfat MILK,Skim |
| 14  NO SCHOOL TODAY | 15  TACO CASSEROLE W/BEEF BLACK BEAN SALSA TOMATO SALSA PEARS MILK,1% Lowfat MILK,Skim | 16  KATI-KATI CHICKEN MASHED POTATOES COLLARD GREENS ROLLS APPLES MILK,1% Lowfat MILK,Skim | 17  INDIAN MANGO DAL CHICKEN TENDERS BROWN RICE ROASTED BABY EGGPLANT PLUMS MILK,1% Lowfat MILK,Skim | 18  SLOPPY JOE ON A ROLL ROASTED POTATOES LETTUCE & TOMATO SALAD BANANAS MILK,1% Lowfat MILK,Skim |
| 21  TOFU STIR FRY CHICKEN TENDERS BROWN RICE BABY BOK CHOY ORANGES MILK,1% Lowfat MILK,Skim | 22  CILANTRO LIME CHICKEN TORTILLAS ROASTED CARROTS PEARS MILK,1% Lowfat MILK,Skim | 23  CURRIED CHICKEN BROWN RICE KIDNEY BEANS APPLES MILK,1% Lowfat MILK,Skim | 24  MEATLOAF MASHED POTATOES HOUSE SALAD ROLLS PLUMS MILK,1% Lowfat MILK,Skim | 25  CHICKEN SANDWICH ROASTED BROCCOLI BANANAS MILK,1% Lowfat MILK,Skim |
| 28  MACARONI AND CHEESE COLLARD GREENS ORANGES ROLLS MILK,1% Lowfat MILK,Skim | 29  CHICKEN QUESADILLA BLACK BEAN SALSA PEARS MILK,1% Lowfat MILK,Skim | 30  OVEN FRIED CHICKEN ROASTED CARROTS ROLLS CRANBERRY CUP MILK,1% Lowfat MILK,Skim | 31  SALISBURY STEAK BROWN RICE GREEEN BEANS ROLLS PEACH CUP MILK,1% Lowfat MILK,Skim |  |

Menu Subject to Change. Milk Variety Served Daily (1% & Skim). 9.30.19