**MAYA ANGELOU LUNCH**

 **OCTOBER 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
|   | 1TACO CASSEROLE W/BEEFBLACK BEAN SALSATOMATO SALSAPEARSMILK,1% LowfatMILK,Skim | 2LEMON ROSEMARY PEPPER CHICKENBROWN RICEKIDNEY BEANSAPPLESMILK,1% LowfatMILK,Skim | 3FLATBREAD W/MOZZARELLADICED CHICKEN TOMATO BASIL SALADCORN CUPPEACH CUPMILK,1% LowfatMILK,Skim | 4ALL-BEEF BURGERSBLACK BEAN BURGERCOLESLAWBANANASMILK,1% LowfatMILK,Skim |
| 7RED BEANS & RICETURKEY KIELBASASPINACH SALADORANGESMILK,1% LowfatMILK,Skim | 8THAI CHICKEN TACOSDICED CHICKEN BLACK BEAN SALSACHOPPED TOMATO SALADPEARSMILK,1% LowfatMILK,Skim | 9BBQ CHICKENMASHED POTATOESROLLSAPPLESMILK,1% LowfatMILK,Skim | 10SALMON CAKESGREEEN BEANSROLLSAPPLESAUCEMILK,1% LowfatMILK,Skim | 11TURKEY HAM & CHEESE SANDWITOMATO SOUPSPINACH SALADBANANASMILK,1% LowfatMILK,Skim |
| 14NO SCHOOL TODAY | 15TACO CASSEROLE W/BEEFBLACK BEAN SALSATOMATO SALSAPEARSMILK,1% LowfatMILK,Skim | 16KATI-KATI CHICKENMASHED POTATOESCOLLARD GREENSROLLSAPPLESMILK,1% LowfatMILK,Skim | 17INDIAN MANGO DALCHICKEN TENDERSBROWN RICEROASTED BABY EGGPLANTPLUMSMILK,1% LowfatMILK,Skim | 18SLOPPY JOE ON A ROLLROASTED POTATOESLETTUCE & TOMATO SALADBANANASMILK,1% LowfatMILK,Skim |
| 21TOFU STIR FRYCHICKEN TENDERSBROWN RICEBABY BOK CHOYORANGESMILK,1% LowfatMILK,Skim | 22CILANTRO LIME CHICKENTORTILLASROASTED CARROTSPEARSMILK,1% LowfatMILK,Skim | 23CURRIED CHICKENBROWN RICEKIDNEY BEANSAPPLESMILK,1% LowfatMILK,Skim | 24MEATLOAFMASHED POTATOESHOUSE SALADROLLSPLUMSMILK,1% LowfatMILK,Skim | 25CHICKEN SANDWICHROASTED BROCCOLIBANANASMILK,1% LowfatMILK,Skim |
| 28MACARONI AND CHEESECOLLARD GREENSORANGESROLLSMILK,1% LowfatMILK,Skim | 29CHICKEN QUESADILLABLACK BEAN SALSAPEARSMILK,1% LowfatMILK,Skim | 30OVEN FRIED CHICKENROASTED CARROTSROLLSCRANBERRY CUPMILK,1% LowfatMILK,Skim | 31SALISBURY STEAKBROWN RICEGREEEN BEANSROLLSPEACH CUPMILK,1% LowfatMILK,Skim |   |

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