

JOHN FULLER SCHOOL

OCTOBER 2011

LUNCH MENU

Sunday

Monday

Tuesday

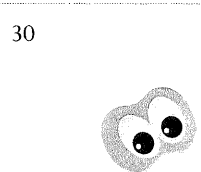
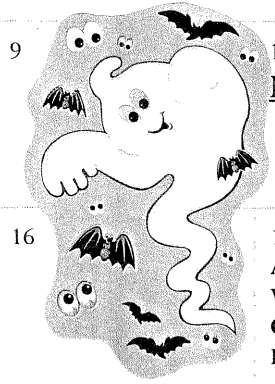
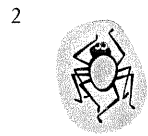
Wednesday

Thursday

Friday

Saturday

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3 CHICKEN DIVAN
W/BROCCOLI
FRUIT

10 NO SCHOOL~

17 VEGGIE
ALFREDO
W/WHEAT PASTA
GARLIC TOAST
FRUIT

24 CHICKEN
CACCIATORE
WHEAT ROTINI
MIXED VEGGIES
FRUIT

31 TOMATO SOUP
GRILLED CHEESE
ON WHEAT BREAD
CHIPS, PICKLES
FRUIT

4 MINESTRONE
SOUP
TUNA MELT
FRUIT

11 CHICKEN
PARMESAN
W/WHEAT ROTINI
GREEN BEANS
FRUIT

18 SLOPPY JOES
W/WHEAT ROLL
OVEN FRIES
GLAZED CARROTS
FRUIT

25 MEATBALL SUB
VEGGIE STICKS
FRUIT

ALTERNATES ARE:
MON: PB&JELLY
TUES: GRINDER
WED: GR CHEESE
THURS: HOT DOG
FRIDAY: PIZZA

5 HAM STEAK
W/PINEAPPLE
SWEET POTATO
CASSEROLE
CORN/FRUIT

12 VEGETARIAN
TACO BOAT
RICE PILAF
FRUIT

19 CHICKEN&CHEESE
BURRITO
WHITE RICE
FRUIT

26 MACARONI &
CHEESE
W/FISHSTICKS
PEAS&CARROTS
FRUIT



6 SPAGHETTI W/
MEATLESS SAUCE
TOSSED SALAD
FRUIT

13 HAM&CHEESE
QUICHE
BLUEBERRY
MUFFINS
FRUIT

20 HAM&CHEESE
QUICHE
BLUEBERRY
MUFFIN
FRUIT

27 TURKEY TACOS
BROWN RICE
FRUIT

7 EARLY RELEASE
BUILD A BURGER
W/WHEAT ROLL
ASSORTED VEGGIE
FRUIT

14 PIZZA
W/ASSORTED
TOPPINGS
TOSSED SALAD
FRUIT

21 BAKED POTATO
BAR W/VEGGIE
CHILI
BROCCOLI
FRUIT

28 PIZZA W/
ASSORTED
TOPPINGS
CAESAR SALAD
FRUIT

ASSORTED
MILK & JUICES
OFFERED DAILY
W/EACH MEAL

8

15

22

29

