

THE BEECHWOOD SCHOOL
October 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Wheat Bagels w/Cream Cheese & Jelly Cucumber Slices Fish Crackers Apple Slices	2 Pasta w/Red Sauce Green Beans Chick Peas Cantaloupe	3 Macaroni & Cheese Peas Carrot Sticks Pineapple	4 Cheese Sandwiches Chops Pickles Kidney Beans Canned Peaches In Lite Syrup	5 Cheese Quesadilla w/ Sour Cream & Salsa Sliced Peppers Corn Chips Orange Slices
8 Baked Chicken Nuggets Honey Carrots Buttered Rice Chocolate Pudding	9 Chicken Noodle Soup Turkey Sandwiches Cucumber Slices Sliced Apples	10 Sliced Turkey Dogs Buttered Noodles Baked Beans Celery Sticks Fresh Sliced Oranges	11 Baked Pizza w/ Pepperoni Slices Broccoli Florets w/ Ranch Dressing Fresh Sliced Pears	12 Cheerios w/ Blueberries Cheese Cubes Graham Crackers Peaches In Lite Syrup
15 Baked Ziti Steamed Broccoli Kidney Beans Pears in Lite Syrup	16 Baked French Toast Sticks Celery Sticks Applesauce Vanilla Yogurt	17 Wheat Bagel w/ Cream Cheese & Jelly Carrot Sticks Chick Peas Orange Slices	18 Cheese Quesadilla w/ Sour Cream & Salsa Sliced Peppers Corn Chips Sliced Apples	19 Tomato Soup Grilled Cheese Celery Sticks Fish Crackers Vanilla Pudding
22 Baked Pizza Garden Salad w/ Chick Peas & Ranch Dressing Pineapple Cubes In Lite Syrup	23 Baked Fish Sticks Corn Bow Tie Pasta Orange Sherbet	24 Baked Chicken Nuggets Corn Carrot Sticks Peaches In Lite Syrup	25 Turkey Hot Dogs on Roll Potato Chips Celery Sticks Fresh Sliced Pears	26 Macaroni & Cheese Mixed Vegetables Kidney Beans Orange Jello
29 Rice Krispies w/Sliced Bananas Cheese Cubes Graham Crackers Pears in Lite Syrup	30 Chicken Rice Soup Cheese Sandwich Chick Peas Apple Slices	31 French Toast Sticks Applesauce Celery Sticks Vanilla Yogurt		

Menu subject to change
Bread & 1 % Milk is served. Butter is optional.