

Common Ground
002 - COMMON GROUND HS
LUNCH OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 EGG SALAD SANDWICH TUNA SALAD SANDWICH 2* PASTA SALAD MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 4 PORK TENDERLOIN * *GARDENBURGER/CLASSIC* *CIABATTA ROLLS MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 5 MEAT LOAF LENTIL MEATLOAF/VEGAN* MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS *CARROT STICKS* *CELERY STICKS*	Oct - 6 TURKEY STEW WITH ROLL* OPEN FACE EGGPLANT SANDWIC MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *CONDIMENTS	Oct - 7 *CHICKEN & RICE* FRIED RICE MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Oct - 10 NO SCHOOL	Oct - 11 *STEAK & CHEESE WRAPS *HUMMUS WRAP* MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 12 *AMERICAN CHOP SUEY* *AMERICAN CHOP SUEY VEGGIE* MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	Oct - 13 VEGETABLE LASAGNA *CIABATTA ROLLS MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 14 SPAGHETTI AND MEAT SAUCE PASTA PRIMAVERA MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS
Oct - 17 CHICKEN FAJITAS VEGGIE "CHICKEN" TACOS *RICE,Brown, cooked* MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* SALSA	Oct - 18 *CHICKEN ALFREDO LITE* PASTA PRIMAVERA MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS	Oct - 19 SW TURKEY BURGERS *GARDENBURGERS* MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 20 *FISH TACOS* VEGETABLE BURRITO MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* TARTAR SAUCE	Oct - 21 TORTILLA CHIPS* NACHO CHEESE SAUCE VEGETABLE CHILI MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Oct - 24 GRILL CHICKEN CAESAR SAL VEGGIE CHICKEN CAESAR SALAD *CIABATTA ROLLS MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 25 SLOPPY JOE ON A BUN SLOPPY VEGGIE JOES MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS*	Oct - 26 TURKEY BACON CLUB SANDWICH *HUMMUS WRAP* *CHIPS,BAKED LAYS MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 27 CHICKEN LO MEIN VEGETABLE LO MEIN MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 28 MAC & CHEESE MAC & CHEESE MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Oct - 31 PORK CHOPS WITH APPLE JUICE *GARDENBURGERS* PUMPKIN CAKE MIXED GARDEN VEGGIES *FRUIT,FRESH ASSORTED SALAD,TOSSED SALAD DRESSING MILK 1 % WHITE* MILK, FAT FREE* LACTAID*				

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