

Common Ground High School
002 - COMMON GROUND HS
LUNCH OCT 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 *HAMBURGER ON A BUN VEGGIE BURGER W/BUN *FRENCH FRIES MIXED GARDEN VEGGIES *SOUP CHIPOLTE PUMPKIN* SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS*	Oct - 3 CHICKEN STIR-FRY VEGETABLE "FRIED" RICE* MIXED GARDEN VEGGIES *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING *SOUP CHIPOLTE PUMPKIN* *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS*	Oct - 4 STUFFED ZUCCHINI *CIABATTA ROLLS MIXED GARDEN VEGGIES ROASTED TOMATO SOUP SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS*	Oct - 5 SPAGHETTI AND MEAT SAUCE PASTA PRIMAVERA *CIABATTA ROLLS ROASTED TOMATO SOUP MIXED GARDEN VEGGIES SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* PARMESAN CHEESE	Oct - 6 TORTILLA CHIPS* CHILI CON CARNE W/ BEANS NACHO CHEESE SAUCE MIXED GARDEN VEGGIES SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP VEGGIE GUMBO
Oct - 9 NO SCHOOL	Oct - 10 *BAKED POTATO* CHILI CON CARNE W/ BEANS NACHO CHEESE SAUCE MIXED GARDEN VEGGIES *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP VEGGIE GUMBO	Oct - 11 PEANUT BUTTER & JELLY* WOWBUTTER & JELLY SANDWICH *CHIPS, BAKED LAYS MIXED GARDEN VEGGIES SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP VEGGIE GUMBO	Oct - 12 TURKEY STEW WITH ROLL* VEGETARIAN "BEEF" STEW *CIABATTA ROLLS MIXED GARDEN VEGGIES SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* CRANBERRY SAUCE	Oct - 13 BARBECUED CHICKEN PULLED "VEGGIE" BBQ *CORN *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP VEGGIE GUMBO

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Oct - 16 *HAM & CHEESE SANDWICH* *HUMMUS WRAP* *CHIPS,BAKED LAYS MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP BEAN*	Oct - 17 *BEEF HOT DOG WITH BUN* VEGAN SAUSAGE* BAKED BEANS (VEGETARIAN) *CHIPS,BAKED LAYS *CIABATTA ROLLS MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *CONDIMENTS *SOUP BEAN*	Oct - 18 *FRENCH FRIES CHILI CON CARNE W/ BEANS NACHO CHEESE SAUCE *CIABATTA ROLLS MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP VEGGIE GUMBO	Oct - 19 MEAT LOAF LENTIL MEATLOAF/VEGAN* MASHED POTATOES* *CORN *CIABATTA ROLLS SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP CURRIED CARROT /TARRA	Oct - 20 PORK TENDERLOIN * QUINOA SALAD VEGGIE CANNELLINI BURGERS MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* ROASTED TOMATO SOUP
Oct - 23 SAUSAGE,TURKEY* MASHED POTATOES* CHICKEN GRAVY VEGAN SAUSAGE* *GREEN BEANS SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *CIABATTA ROLLS ROASTED TOMATO SOUP	Oct - 24 *BAKED HAM* *BLACK EYE PATTY BY THEA* PASTA SALAD *CIABATTA ROLLS MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP BEAN*	Oct - 25 *FRENCH FRIES CHEESE SAUCE CHICKEN GRAVY VEGETARIAN "BEEF" STEW *CIABATTA ROLLS MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *SOUP BEAN*	Oct - 26 PULLED TURKEY SANDWICHES PULLED "VEGGIE" BBQ COLE SLAW MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *CIABATTA ROLLS *SOUP CURRIED CARROT /TARRA	Oct - 27 MEAT BALLS MEATLESS "MEATBALLS" SUB* SCALLOPED POTATOES MIXED GARDEN VEGGIES SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* *CIABATTA ROLLS *SOUP CURRIED CARROT /TARRA

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Oct - 30 PEANUT BUTTER & JELLY* WOWBUTTER & JELLY SANDWICH *CHIPS,BAKED LAYS MIXED GARDEN VEGGIES SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS*	Oct - 31 MAC & CHEESE MAC & CHEESE MIXED GARDEN VEGGIES *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CARROT STICKS* *CELERY STICKS* ROASTED TOMATO SOUP			

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