

**Common Ground High School**  
**OCTOBER LUNCH**  
**2018**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 MEATBALL SUB* MEATLESS "MEATBALLS" SUB* PASTA SALAD SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS*	Oct - 2 PORK TENDERLOIN * Korean Sauce KOREAN BBQ TOFU TACOS HIBACHI NOODLE* SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS*	Oct - 3 SW TURKEY BURGERS VEGGIE BURGER W/BUN SALAD,TOSSED SALAD DRESSING *CELERY STICKS* *CARROT STICKS* MILK 1 % WHITE* MILK, FAT FREE* MILK, FAT FREE* LACTAID* STRING CHEESE *ASSORTED FRUIT*	Oct - 4 VEGETABLE QUESADILLA SPANISH RICE REFRIED BEANS SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SALSA SOUR CREAM FAT FREE *CARROT STICKS* *CELERY STICKS*	Oct - 5 *CHICKEN SAUS,PEPP PASTA* PASTA FAGIOLI *CIABATTA ROLLS SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* STRING CHEESE
Oct - 8 COLUMBUS DAY	Oct - 9 *AMERICAN CHOP SUEY* *AMERICAN CHOP SUEY VEGGIE* SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CIABATTA ROLLS	Oct - 10 *GRILLED CHEESE SANDWICH* ROASTED TOMATO SOUP SALAD,TOSSED SALAD DRESSING *CELERY STICKS* *CARROT STICKS* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* STRING CHEESE *ASSORTED FRUIT*	Oct - 11 *STEW CHICKEN HARVEST VEGETARIAN "BEEF" STEW *CIABATTA ROLLS SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS* STRING CHEESE	Oct - 12 TURKEY CHILI CHILI CON CARNE W/ BEANS SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* SOUR CREAM FAT FREE *CIABATTA ROLLS *CELERY STICKS* *CARROT STICKS* NACHO CHEESE SAUCE

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

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Oct - 15  HAM EGG AND CHEESE BAGEL VEGGIE EGG WHITE FRITATTA* SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* OATMEAL *CEREAL,VARIETY* WHOLE WHEAT BAGEL	Oct - 16  ROAST TURKEY BREAST VEGGIE CANNELLINI BURGERS MASHED POTATOES* SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CIABATTA ROLLS CRANBERRY SAUCE	Oct - 17  *STEAK & CHEESE WRAPS *HUMMUS WRAP* SALAD,TOSSED SALAD DRESSING *CELERY STICKS* *CARROT STICKS* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* STRING CHEESE *ASSORTED FRUIT*	Oct - 18  CHICKEN PARM SANDWICH VEGGIE CHICKEN CUTLETTTE PASTA PRIMAVERA SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CIABATTA ROLLS	Oct - 19  *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN BAKED BEANS (VEGETARIAN) *FRENCH FRIES COLE SLAW SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT*
Oct - 22  BARBECUED CHICKEN MASHED POTATOES* SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* VEGGIE CHICKEN CUTLETTTE *CIABATTA ROLLS	Oct - 23  MEAT LOAF LITE LENTIL MEATLOAF/VEGAN* PASTA, WHOLE GRAIN BUTTER SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CIABATTA ROLLS	Oct - 24  *GRILLED CHICKEN WRAPS GRILLED VEGGIE WRAP SALAD,TOSSED SALAD DRESSING *CELERY STICKS* *CARROT STICKS* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* STRING CHEESE *ASSORTED FRUIT* *CHIPS,BAKED LAYS	Oct - 25  CHICKEN FAJITAS VEGGIE "CHICKEN" TACOS SPANISH RICE REFRIED BEANS SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS*	Oct - 26  SAUSAGE BROCCOLI SALAD PASTA FAGIOLI SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CIABATTA ROLLS
Oct - 29  *AMERICAN CHOP SUEY VEGGIE* *AMERICAN CHOP SUEY* SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CIABATTA ROLLS	Oct - 30  SALAD BAR MIXED GARDEN VEGGIES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* BACON EGG AND CHEESE BAGEL VEGGIE BREAKFAST BURRITOS HASHBROWNS	Oct - 31  CHEESEBURGER VEGGIE BURGER W/BUN SALAD,TOSSED SALAD DRESSING STRING CHEESE *ASSORTED FRUIT* *CARROT STICKS* *CELERY STICKS* *CHIPS,BAKED LAYS MILK 1 % WHITE* MILK, FAT FREE* LACTAID*		

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