

BEECHWOOD SCHOOL

OCTOBER 2019 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Pizza w/ Pepperoni Slices Broccoli Florets w/ Ranch Dressing Fresh Sliced Pears	2 Macaroni & Cheese Peas Carrot Sticks Pineapple Cube in Lite Syrup	3 Cheerios w/ Blueberries Cheese Cubes Graham Crackers Peaches In Lite Syrup	4 Cheese Quesadilla w/ Sour Cream & Salsa Sliced Peppers Corn Chips Orange Slices
7 Turkey Hot Dogs on Roll Potato Chips Carrot Sticks Cinnamon Apples	8 Chicken Noodle Soup Turkey Sandwiches Cucumber Slices Pineapple in Lite Syrup	9 Wheat Bagel w/ Cream Cheese & Jelly Celery Sticks Chick Peas Orange Slices	10 Baked Fish Sticks Corn Rice Chocolate Pudding	11 Pasta w Side of Sauce Cheese Cubes Carrots & Celery w Hummus Dip Pears in Lite Syrup
14 Baked Chicken Nuggets Honey Carrots French Fries Pears in Lite Syrup	15 Baked French Toast Sticks Celery Sticks Applesauce Vanilla Yogurt	16 Baked Pizza Garden Salad w/ Chick Peas & Ranch Dressing Sliced Pears	17 Baked Ziti Steamed Broccoli Kidney Beans Pineapple in Lite Syrup	18 Tomato Soup Grilled Cheese Cucumber Slices Fish Crackers Vanilla Pudding
21 Cheese Quesadilla w/ Sour Cream & Salsa Sliced Peppers Corn Chips Sliced Pears	22 Baked Fish Sticks Corn Curly Pasta Orange Sherbet	23 Baked Chicken Nuggets Mixed Vegetables Rice Pears In Lite Syrup	24 Sliced Turkey Dogs Curly Noodles Baked Beans Celery Sticks French Fries Peaches in Lite Syrup	25 Macaroni & Cheese Peas Kidney Beans Orange Jell-O
28 Chicken Rice Soup Bagel Halves with Cream Cheese Or Butter Broccoli Florets Sliced Oranges	29 Pasta w/Red Sauce Green Beans Chick Peas Pears in Lite Syrup	30 French Toast Sticks Applesauce Celery Sticks Vanilla Yogurt	31 Cheese Sandwiches Chips Pickles Sliced Apples	