



# October Lunch Menu 2019

## Burke Basic School



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Alfredo Pasta Baby Carrots 100% Fruit Juice  Choice of Milk	2 Teriyaki Chicken w/Rice Fresh Sliced Cucumbers Pineapple Chunks Fortune Cookie Choice of Milk	3 Chicken Sandwich w/Bun BBQ Baked Beans Fresh Watermelon Ketchup Choice of Milk	4 Half Day No Lunch
7 Fall Break No School	8 Fall Break No School	9 Fall Break No School	10 Fall Break No School	11 Fall Break No School
14 Chicken Tenders Mashed Potatoes Diced Peaches  Choice of Milk	15 Chicken and Rice Taco Tuesday Lettuce/Cheese/Refried Beans Fresh Cantaloupe Taco Sauce Choice of Milk	16 Spaghetti w/Meatsauce Fresh Sliced Cucumbers 100% Fruit Juice  Choice of Milk	17 Cheeseburger w/Bun Baby Carrots Diced Pears Ketchup & Mustard Choice of Milk	18 Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk
21 Chicken Sandwich w/Bun BBQ Baked Beans Fruit Cocktail Ketchup Choice of Milk	22 Cheese Nachos Tortilla Chips Sweet Corn Fresh Cantaloupe Wedge Choice of Milk	23 Homemade Macaroni & Cheese Baby Carrots Fresh Watermelon Dinner Roll Choice of Milk	24 Cheesy Chili Mac Mixed Dark Green Salad w/Cucumbers 100% Fruit Juice FF Ranch Choice of Milk	25 Half Day No Lunch
28 Chicken Corn Dog Seasoned Green Beans Applesauce Ketchup Choice of Milk	29 Hawaiian Beef Meatballs w/Rice Baby Carrots Pineapple Chunks  Choice of Milk	30 Roasted Chicken & Gravy Mashed Potatoes Whole Pear Dinner Roll Choice of Milk	31 Fiesta Bean & Rice Burrito Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch/Taco Sauce Choice of Milk	

Drinking Water is made available to youth at all times at drinking fountains located in this facility  
 \*Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.  
 \*\*\*All meals are served with 1% White Milk or Skim Chocolate Milk  
 This Institution is an equal opportunity provider