



# October 2017

## HIGHLAND OAKS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	3 BBQ CHICKEN & BAKED BEANS ORANGE CHICKEN & RICE PASTRAMI SANDWICH	4 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*  PEAR TASTING	5 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	6 STAFF DEVELOPMENT DAY
9 MINIMUM DAY  PB&J SACK LUNCH	10 MINIMUM DAY  PASTRAMI SACK LUNCH	11 MINIMUM DAY  TURKEY SACK LUNCH	12 MINIMUM DAY  PB&J SACK LUNCH	13 MINIMUM DAY  TURKEY SACK LUNCH
16 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	17 BAKED PASTA ORANGE CHICKEN & RICE PASTRAMI SANDWICH	18 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	19 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	20 PEPPERBELLIES CHEESE BREAD TURKEY & HAM SANDWCH
23 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	24 SPAGHETTI TACOS ORANGE CHICKEN & RICE PASTRAMI SANDWICH PEAR TASTING	25 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	26 COLLABORATION DAY  SACK LUNCH	27 BBQ CHICKEN BURGER CHEESE BREAD TURKEY & HAM SANDWCH
30 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	31 MACARONI & CHEESE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH  PUMPKIN COOKIE			



### OFFERED DAILY:

1% LOWFAT MILK  
NONFAT CHOC. MILK  
FRESH FRUITS  
AND VEGETABLES

Choose at least 3  
components  
(meat, grain, milk, fruit  
or vegetable)

1 must be a fruit or  
vegetable

All meals are low sodium  
and all grains are whole  
grains!

\*Vegetarian Meal