



# October 2017

## LONGLEY WAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	3 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	4 BBQ CHICKEN & BAKED BEANS BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	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 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	18 BAKED PASTA 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 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH  PEAR TASTING	25 SPAGHETTI TACOS 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 PIZZA SLICE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH PUMPKIN COOKIE			

Harvest  
of the  
Month  
Network for a Healthy California



### 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