

October 2018

F.C. Reed Middle School
Lunch

MONDAY

1

- Chicken Tenders
- Mashed Potatoes
- Strawberries
- 1% Milk

TUESDAY

2

- Rotini Pasta
- Alfredo Sauce
- Carrots
- Garlic Bread
- 1% Milk

WEDNESDAY

3

- Hot Ham and Cheese on a Pretzel Roll
- Baked Beans
- Harvest Cheddar Sun Chips
- Diced Pears
- 1% Milk

THURSDAY

4

- Cheese Pizza
- Mixed Lettuce Salad
- Banana
- 1% Milk

FRIDAY

5

- Tomato Soup
- Grilled Cheese
- Baby Carrots
- Apple Slices
- 1% Milk

8

- Hamburger
- Celery Stix
- Ranch Dressing
- Peanut Butter
- Potato Chips
- 1% Milk

9

- French Toast
- Pork Sausage Link
- Potato Triangle
- Oranges Smiles
- 1% Milk

10

- Cheese Breadstick
- Marinara Sauce
- Tossed Green Salad
- Apple Slices
- Milk

11

- Walking Taco
- Lettuce
- Tomato
- Salsa
- Bean Dip
- Slushie
- Milk

12

- Turkey Sub Sandwich
- Celery Stix
- Ranch
- Harvest Cheddar Sun Chips
- Watermelon
- Milk

15

- Breaded Chicken Patty
- Sweet Potato Fries
- Carrots and Dip
- Apple Slices
- Milk

16

- Rotini Pasta with Meat Sauce
- Broccoli
- Garlic Bread
- Green Beans
- Banana
- Milk

17

- Rib Sandwich on a Kaiser Roll
- Onion Rings
- Celery and Dip
- Diced Peaches
- Milk

18

Half Day

19

Half Day

22

- Boneless Chicken Wings
- Potato Salad
- Carrots and Dip
- Applesauce
- Milk

23

- Mac & Cheese
- Riviera Blend of Vegetables
- Red Grapes
- Milk

24

- Meatball Sub Sandwich
- Oven Baked Fries
- Cantaloupe
- Milk

25

- Fiesta Pizza
- Salsa
- Bean Dip
- Grapes
- Milk

26

- Cheesy Bites
- Marinara Sauce
- Mandarin Oranges
- Cucumber Slices
- Apple Slices
- Mini Ice Cream Sandwich
- Milk

29
30
31

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