




Hawkswood School

Lunch

October 1 - October 30

PLEASE CIRCLE THE DAYS IN OCTOBER YOUR CHILD WILL BE ORDERING LUNCH AND RETURN.

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	2 Baked Cheese Manicotti w/ Meat Sauce-5 oz. Cauliflower-3/4 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.
5 W/G Chicken Nuggets-5 Broccoli Florets-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	6 All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c. Milk-8 oz.	7 Turkey Meatballs w/ Sauce on a W/G Hot Dog Bun-1 Spinach-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	8 Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	9 Cheese Lasagna with Meat Sauce-4 oz. Broccoli Florets-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.
12 STAFF PROFESSIONAL DAY	13 Beef Tacos with Shredded Cheddar Cheese-2 Refried Beans -3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	14 All Beef Hsmburger on a Whole Wheat Bun-1 French Fries-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	15 Grilled BBQ Chicken Bites-4 Soft Carrots-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-3/4 c. Milk-8 oz.	16 Tony's Pizza-5 oz. Cauliflower-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
19 Grilled Chicken Parmigiana-3 oz Diced Carrots-3/4 c. Whole Wheat Dinner Roll Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	20 Turkey Meatbals w/ Sauce on a Whole Grain Hot Dog Bun-1 Broccoli Florets-3/4 c. Fresh Apple-1 Milk-8 oz.	21 Beef Meatloaf w/ Ketchup-3 oz. Seasoned Diced Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	22 W/G Chicken Fryz-4 Cauliflower-3/4 c. Rasp. Lemonade Craisins-3/4 c. Whole Wheat Dinner Roll Milk-8 oz.	23 Baked Ziti-5 oz. Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.
26 Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Spinach-3/4 c. Fresh Apple-1 Milk-8 oz.	27 Macaroni and Cheese-6 oz. Diced Carrots-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz.	28 Grilled Chicken Tacos w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Strawberry Craisins-1/2 c. Milk-8 oz.	29 Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	30 Tony's Pizza-5 oz. Broccoli Florets -3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.