

REDDING SCHOOL OF THE ARTS

OCTOBER 2018



October 1	October 2	October 3	October 4	October 5
Mac & Cheese Broccoli Fresh Fruit Muffin	Corn Dog Baked Beans Veggie Sticks Fruit Salad *VEGGIE CORN DOG	Pizza Salad Bar w/CROUTONS Fresh Fruit	Spaghetti Roll Green Beans Peach Cup	Crispy Chicken Sandwich Lettuce/Pickle Potatoes Fresh Fruit *VEGGIE BURGER
October 8	October 9	October 10	October 11	October 12
BBQ Sandwich Veggie Medley Fresh Fruit Chips *VEGGIE BURGER	Taco Salad Fresh Salsa Beans Fresh Fruit *CHEESE QUESADILLA	Roasted Chicken Roll Potatoes Fresh Fruit *VEGGIE BURGER	BBQ Rib on a WG Bun Cole Slaw Fresh Fruit Cookie *VEGGIE BURGER	Chicken Nuggets Muffin Carrots Fruit Salad *VEGGIE NUGGETS
October 15	October 16	October 17	October 18	October 19
Asian Chicken Brown Rice Broccoli Fresh Fruit *TOFU W/RICE	Chili Dogs Tomatoes/Peppers Salad Fruit Fritos *VEGGIE BURGER	Hamburger on Whole Grain Bun Tomato/Lettuce/Pickle Potato Salad Fresh Fruit *VEGGIE BURGER	Chicken Veggie Soup WG Roll Garden Salad w/Dressing Fresh Fruit *VEGGIE SOUP	Burrito Salsa Veggie Medley w/Dip Fresh Fruit
October 22	October 23	October 24	October 25	October 26
Mac & Cheese Broccoli Fruit Muffin	Corn Dog Potato Salad Veggie Sticks Fruit Salad *VEGGIE CORN DOG	Pizza Salad Bar w/CROUTONS Fresh Fruit	Spaghetti Roll Green Beans Peach Cup	Crispy Chicken Sandwich Lettuce/Pickle Potatoes Fresh Fruit *VEGGIE BURGER
October 29	October 30	October 31		
BBQ Sandwich Veggie Medley Fresh Fruit Chips *VEGGIE BURGER	Taco Salad Fresh Salsa Beans Fresh Fruit *CHEESE QUESADILLA	Roasted Chicken Roll Potatoes Fresh Fruit *VEGGIE BURGER		<u>Daily Lunch Choices:</u> Seasonal, Local Veggies & Salads; Fruit