

October Craigflower Menu 2018

	Mon	Tue	Wed	Thu	Fri	
	1 Beef Dip Caesar Salad Fruit or Veg	2 Hot Dog Day! Cracked Wheat bun Red Delicious Apple Melon Slices	3 Chicken fricassee Brown Rice Banana Fruit or Veg	4 Lasagna Vanilla Yogurt and Granola Raw Vegetables	5 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Caesar Salad Raw Broccoli	6
7	8 THANKSGIVING HOLIDAY	9 Vegetarian Chili and Cornbread Red Delicious Apple Carrot Sticks	10 Meatball Sub Cracked Wheat Bun Banana Cucumber	11 Southwest Chicken WW Burrito w/ Salsa Vanilla Yogurt and Granola Fruit or Veg	12 Cheese Perogies with sour cream Caesar Salad Raw Vegetables	13
14	15 Whole Wheat Pasta and Beef Bolognaise sauce Vanilla Yogurt and Granola Fruit or Veg	16 Beef Burger Cracked Wheat bun Leaf Lettuce Red Delicious Apple Carrot Sticks	17 Chicken Nuggets Dinner Roll Caesar Salad Melon Slices	18 Pepperoni and Cheese WW Calzone Golden Delicious Apple Raw Broccoli	19 PRO-D Day No School for Students	20
21	22 Macaroni and Cheese Grapes Raw Broccoli	23 Chicken Burger Cracked Wheat Bun Red Delicious Apple Carrot Sticks	24 Sweet & Sour Meatballs Brown rice and Vegetables Banana Fruit or Veg	25 Bean and Cheese Quesadilla with Salsa Fresh Cut Fruit Salad Extra Fruit Salad	26 Sloppy Joe w/ shred cheese On Cracked Wheat Bun Golden Delicious Apple Watermelon Slices	27
28	29 Beef Dip Caesar Salad Fruit or Veg	30 Hot Dog Day! Cracked Wheat bun Red Delicious Apple Melon Slices	31 Chicken fricassee Brown Rice Banana			
					<i>Updated Oct 12/17</i>	