

# HARVEST PREPARATORY SCHOOL

## OCTOBER 2018 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Hamburger on a Bun Ketchup Packets Green Beans Applesauce Pineapple Assorted Milk	<b>2</b> Honey Mustard Chicken Wrap Waffle Fries Ketchup Packets Peaches in Jello/Grapes Whole Grain Cookie Assorted Milk	<b>3</b> Cheese Pizza Tossed Salad Reduced Fat Ranch Dressing Carrots Banana/Berry Crisp Assorted Milk	<b>4</b> Taco Salad Reduced Fat Ranch Dressing Tortilla Scoops Apricots Banana Assorted Milk	<b>5</b> Mac-N-Cheese Cowboy Corn Salad Whole Grain Roll w/Butter Pears Watermelon Chunks Assorted Milk
<b>8</b> Grilled Chicken on Bun Potato Rounds Ketchup Packets Mandarin Oranges Applesauce Assorted Milk	<b>9</b> Hatton Chicken Crunch Brown Rice Garlic Broccoli Apricots Grapes Assorted Milk	<b>10</b> Eagle Tostada Bean & Corn Salad Peaches Mandarin Oranges Assorted Milk	<b>11</b>  <b>NO SCHOOL</b>  Professional Development	<b>12</b>  <b>NO SCHOOL</b>  Professional Development
<b>15</b> Pizza Wrap Carrots Reduced Fat Ranch Dressing California Blend Vegetables Pears/Applesauce Assorted Milk	<b>16</b> Wokin' Orange Chicken Brown Rice Green Beans Mandarin Oranges Pineapples Assorted Milk	<b>17</b> Chicken Alfredo Garlic Broccoli Tossed Salad Banana/Mixed Fruit Whole Grain Roll w/Butter Assorted Milk	<b>18</b> Quirky Quesadilla Corn Tortilla Scoops w/Salsa Peaches Grapes Assorted Milk	<b>19</b> Grilled Chicken on Bun Reduced Fat Mayo Broccoli & Carrots Reduced Fat Ranch Dressing Sweet Potato Fries Assorted Milk
<b>22</b>  <b>NO SCHOOL</b>  Records Day	<b>23</b> Sweet Sesame Chicken Asian Brown Rice California Blend Vegetables Pineapples Grapes Assorted Milk	<b>24</b> Cheese & Pepperoni Breadstick Marinara Sauce Spinach Salad Banana Pineapple Chunks Assorted Milk	<b>25</b> Walking Taco Refried Beans Tortilla Scoops Apple Slices Banana Assorted Milk	<b>26</b> Chicken Nuggets BBQ Sauce Peas & Carrots Potato Rounds Whole Grain Roll w/Butter Peaches/Mandarin Oranges Assorted Milk
<b>29</b> BBQ Chicken on Bun Lemon Broccoli Potato Wedges Ketchup Packets Oranges/Grapes Assorted Milk	<b>30</b> Teriyaki Chicken Brown Rice Carrots w/Hummus Apple Slices/Oranges Whole Grain Cookie Assorted Milk	<b>31</b> Meatball Sub Bean & Corn Salad Bananas Grapes Assorted Milk		

\*Harvest Preparatory School is an equal opportunity provider.