

LUNCH OCTOBER 2011

School District of Philadelphia

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Loaded Potato Strips or Whole Wheat Penne & Meat in Tomato Sauce 3 Seasoned Carrots Fresh Apple	Cheeseburger on MG Bun w/Lettuce & Tomato 4 Beef Hot Dog On Bun W/ Baked Vegetarian Beans Steamed Broccoli Mixed Fruit Cup	Buffalo Chicken Patty on MG Bun or Grilled Turkey Ham & Cheese on Wheat Bread 5 Pineapple Cup California Vegetable Medley	Quesadilla Pizza & Cheese Or Chili Wraps with Salsa 6 Mexican Corn Whole Fruit Juice Bar	Meatball & Cheese on Philly Roll 7 Chicken Patty on MG Bun French Fries Pear Cup
Columbus Day 10	Pasta Dippers w/ Marinara Sauce Dip or Chicken Tender 11 Steamed Broccoli Sliced Pear	Stuffed Shells w/Tomato Sauce WW Dinner Roll OR Nachos Grande with Turkey 12 Italian Vegetable Medley Fresh Apples PD ½ Day	Oven Baked Crunchy Fish Filet or Meat Ball Hoagie 13 Black Beans and Brown Rice French Fries Mixed Fruit	Hamburger Pizza Steak on Philly Roll or Baked Macaroni & Cheese 14 Stewed Tomatoes Peach Cup
Chicken Patty on WG Bun w/Lettuce & Tomato or Vegetarian Chili 17 Mixed Fruit Cup Oven Fries	Loaded Potato Strips or Whole Wheat Penne & Meat in Tomato Sauce 18 Seasoned Carrots Fresh Apple	Cheeseburger on MG Bun or Beef Hot Dog On Bun W/ Baked Vegetarian Beans 19 Steamed Broccoli Mixed Fruit Cup	Buffalo Chicken Patty on Bun or Grilled Turkey Ham & Cheese on Wheat Bread 20 Pineapple Cup California Vegetable Medley	Quesadilla Pizza & Cheese Or Chili Wraps with Salsa 21 Mexican Corn Whole Fruit Juice Bar
Meatball & Cheese on Philly Roll 24 Chicken Patty on MG Bun French Fries Pear Cup	Pasta Dippers w/ Marinara Sauce Dip or Chicken Tender 25 Steamed Broccoli Sliced Pear	Stuffed Shells w/Tomato Sauce WW Dinner Roll OR Nachos Grande with Turkey 26 Italian Vegetable Medley Fresh Apples	Oven Baked Crunchy Fish Filet or Meat Ball Hoagie 27 Black Beans and Brown Rice French Fries Mixed Fruit	Hamburger Pizza Steak on Philly Roll or Baked Macaroni & Cheese 28 Stewed Tomatoes Peach Cup
Chicken Patty on WG Bun w/Lettuce & Pickle 31 Mixed Fruit Cup Oven Fries		Assorted Fresh Fruit and/or Canned Fruit & a Variety of fat content White or Chocolate and Lactaid milk are offered daily	Menu items are subject to change based upon availability. Manager's Daily Entree Options include: Salad bar, Deli Bar, Pizza Bar	This menu was planned to meet the guidelines of the Healthier US Schools Challenge.
Sandwich Rotation (If Sandwich bar not available) Monday- Tuna & Cheese Hoagie on Philly Roll Tuesday- Turkey Hoagie Wednesday- Chicken Caesar Wrap Thursday- Turkey Ham on Wheat Bread Friday- South West Turkey Wrap		Salad Rotation (If Salad bar not available) Monday- Chicken Caesar Salad Tuesday- Chef Salad w/Turkey Wednesday- Tuna Salad with Crackers Thursday- Chef Salad w/HB Eggs Friday- Romaine Salad w/Chicken Patty *All salad served with WW dinner Roll		Pizza Rotation (If Pizza bar not available) Monday- SouthWest Spicy Pizza Tuesday- Wedge Pizza Wednesday- 5" Round Pizza Thursday- Stuffed Crust Pizza Friday- French Bread Pizza