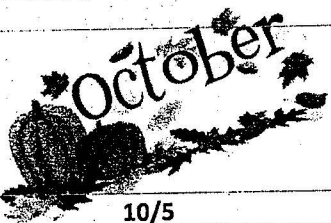


Nutritionized Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			10/1 Buttered Noodles Green Beans Fresh fruit Pretzels	10/2 Cheese Ravioli in Marinara Sauce Brussel Sprouts Fresh Fruit Wheat bread
	10/5 Delicious Beef Nachos Shredded Cheddar Cheese Sour Cream Refried Beans Diced Carrots Apple Tortilla Chips	10/6 Pancakes Tater tots Syrup Fresh Fruit	10/7 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	10/8 Turkey and Cheese Roll ups Mixed Vegetables Fresh Fruit Pretzels
10/12 Chicken Tacos Shredded Cheddar Cheese Spanish Rice Corn Apple Flour Tortilla	10/13 Penne Pasta Marinara Sauce Peas Bread Cantaloupe	10/14 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	10/15 Hot Dogs Buns Ketchup Peas Fresh Fruit Veggie Straws	10/16 Pulled BBQ Chicken Baked Sweet Potatoes Fries Cauliflower Melon Mix Wheat Bun
10/19 Italian Chicken Mashed Potatoes Brussel Sprouts Apple Dinner Roll	10/20 Buttered Noodles Mixed Veggies Bread Pears	10/21 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	10/22 Chicken Nuggets Ketchup Rice Green Beans Watermelon	10/23 Italian Beef Meatballs in Gravy Steamed Rice Butternut Squash Melon Mix Wheat Bread
10/26 Cheesy Baked Meatloaf Potato Casserole Peas Apple Dinner Roll	10/27 Grilled Cheese Mixed Vegetables Fresh Fruit Pretzels	10/28 Cheese Pizza Salad Corn Ranch Dressing Fresh Fruit	10/29 Cheese Quesadillas Sour Cream Guacamole Chips Corn	10/30 Cheese Ravioli in Marinara Sauce Brussel Sprouts Fresh Fruit Wheat Bread

Our Chicken is 100% Natural, no artificial ingredients, no artificial colors, no preservatives. 2015 menus provided by Quality Catering approved by Emily Botma, RDN ~Nutrition information regarding these entrées is available on our website.