

# MMSA

## OCTOBER 2016

**PLEASE NOTE:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% milk (unflavored).  
Reduced fat dressing is served with salads.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Hot Dog on a Bun Potato Wedges Broccoli w/Cheese Fresh Apple  Milk Choice	Taco Salad Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits  Milk Choice	Chicken Lasagna Prince Edward Veggie Blend WW Roll Orange Wedges  Milk Choice	Chicken Wrap Romaine & Tomato Mix Steamed Carrots Tropical Fruit  Milk Choice	Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas Fresh Grapes  Milk Choice
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Hamburger on a Bun Romaine & Tomato Steamed Carrots Fruit Cocktail Rice Crispy Bar  Milk Choice	Chicken Nuggets Mashed Potatoes Fresh Broccoli Fresh Banana  Milk Choice	Macaroni & Cheese Meat Balls Seasoned Peas Fresh Baby Carrots Fresh Apple  Milk Choice	Turkey Mashed Potatoes Green Beans WW Bread Pears  Milk Choice	Chili Corn Chips Celery and Cucumbers Cinnamon Roll Orange Smiles  Milk Choice
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Grilled Turkey & Cheese Sandwich Potato Wedges Fresh Broccoli Fresh Grapes  Milk Choice	Chicken Patty Sandwich Mashed Potatoes Green Beans Orange Wedges  Milk Choice	<b>NO SCHOOL - FALL CONFERENCES</b>	<b>NO SCHOOL MEA BREAK</b>	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Cheeseburger Salad Wrap Applesauce Baked Beans  Milk Choice	BBQ Roasted Chicken Pizza Green Beans Ranch Potato Wedges WW Roll  Milk Choice	Thai Chicken and Basil Barley Asian Fresh Veggies Sliced Pears  Milk Choice	Fish Tacos Bean & Broccoli Salad Orange Slices  Milk Choice	Volcanic Meatloaf Strawberry Green Salad Mixed Fruit ww Roll  Milk Choice
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Southwest Burrito Corn Watermelon  Milk Choice	Mozzarella Crusted Pollock Veggie Pasta Salad Sweet Potato Sticks Apple Crisp  Milk Choice	Mandarin Chicken Rice Bowl Stir Fry Veggies Sliced Pears  Milk Choice	Cowboy Cavatini Tossed Salad w/ Romaine Green Beans Fresh Banana  Milk Choice	Breakfast Burrito Seasoned Black Beans Orange Wedges  Milk Choice