
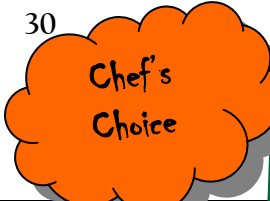


# October, 2009

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
|   |   |  | 1 Mozzarella Pizza Stix<br>w/ Marinara Sauce   | 2 Chicken Drumsticks<br>w/ Homemade Macaroni & Cheese                                    |
| 5 Whole Grain Turkey Corndog<br>w/ Oven Potatoes        | 6 Toasted Turkey Ham & Cheese<br>or Toasted Chs<br>w/ Tomato Soup | 7 Nachos w/ Seasoned Beef & Beans,<br>Jalapeño Cheese Sauce        | 8  | 9 <u>No School</u><br>Professional Development Day                                       |
| 12 Bean & Cheese Burrito<br>w/ Spanish Rice             | 13 Hot Italian Meatball Sub                                       | 14 Beef Teriyaki Dippers<br>w/ Steamed Rice                        | 15 Breaded Fish<br>w/ Oven Potatoes & Coleslaw                                       | 16 Roast Turkey Tetrazzini   |
| 19 Chicken Nuggets<br>w/ Scalloped Potatoes             | 20 Teriyaki Chicken<br>w/ Steamed Rice                            | 21 Baked Penne Pasta<br>w/ Meat Sauce, Cheese Breadstick           | 22 Soft Taco<br>w/ Seasoned Beef & Beans, Cheddar Chs                                | 23 Whole Grain Chicken Egg Roll<br>w/ Fried Rice   |
| 26 Cheese Quesadilla<br>w/ Spanish Rice & Refried Beans | 27 French Dip<br>w/ Au Jus<br>on Toasted Hoagie                   | 28 Toasted Turkey Ham & Cheese<br>or Toasted Chs<br>w/ Tomato Soup | 29 Somali Spaghetti  | 30  |

## Daily Entree Specials for Middle & High Schools!

|           | Grill                               | Grab & Go Salads           | Grab & Go Sandwiches         | Pizza                                 |
|-----------|-------------------------------------|----------------------------|------------------------------|---------------------------------------|
| Monday    | Breaded Chicken Sandwich            | Chef Salad                 | Roast Turkey & Cheddar       | Pepperoni & Cheese Pizza served daily |
| Tuesday   | Hamburger<br>or Cheeseburger        | Chicken Caesar Salad       | Turkey, Turkey Ham & Am. Sub |                                       |
| Wednesday | Spicy Chicken Sandwich              | Beef Taco Salad            | Turkey Pastrami & Swiss      |                                       |
| Thursday  | Hamburger<br>or Cheeseburger        | Asian Chicken Noodle Salad | Turkey, Turkey Ham & Am. Sub |                                       |
| Friday    | Breaded Chicken<br>or Fish Sandwich | Chicken Caesar Salad       | Turkey Ham & Cheese Wrap     |                                       |

*Middle & High School Lunch Prices*  
 Student: \$2.50  
 Reduced: No Charge  
 Adult: \$4.00  
 Menu subject to change

\*Vegetarian Salads & Sandwiches along with Organic Yogurt available daily.  
 \*All entrees include your choice of fresh fruits, vegetables & garden salad.  
 \*rBST artificial hormone-free milk served in all Seattle schools.