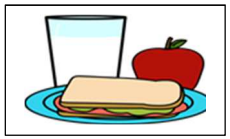
October Lunch 2019 North Phoenix Prep



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Monday	Tuesday	*Wednesday*	Thursday	Friday
	1 Pizza Choice of Cheese Pizza or Pepperoni Or Glutten Free Cheese Pizza	2 Protein bowl with chicken Or Chicken Shawarma GF Baked Potao	3 Chicken Fajitas with rice and beans Or Chicken Sandwich GF Baked Potato	4 Tex Mex Burrito Or MB Sub GF Baked Potato
14	15	16 Packaged for Service Mac and Cheese Vegetable of day Buttered corn	17 Terriyaki chicken With white rice Vegetable of the day Broccoli	18 Beef Nacho Ground Beef, refied beans
21 BBQ Chicken legs Vegetable of the day Mashed potato	22 Pizza Choice of Cheese Pizza or Pepperoni Or Glutten Free Cheese Pizza	23 Packaged for Service Pop corn Chicken Vegetable of the day Coleslaw	24 Meatball Sub With bag of chips Or Pastas with sauce and meatballs	25 Chicken Strips Mashed potatoes
28 Cheese Ravioli with marina sauce Or Beef Ravioli with marina sauce Vegetable of the day Peas	29 Pizza Choice of Cheese Pizza or Pepperoni Or Glutten Free Cheese Pizza	30 Packaged for Service Skillet Lasagna with Meat sauce Vegetable of the day Glazed Carrots	31 Bean and Cheese Burrito Or Tex Mex Burrito (ground beef Spanish rice and Pinto beans	November 1 Orange Chicken With Rice Vegetable of day Broccoli

Also offered each day
Caesar salad, Garden Salad (V), Green Salad (V)

Caesar Salad with chicken, Greek Salad with chicken
Wraps- Ham and Cheese, Turkey and Cheese, BLT
Veggie(V)

Bento Boxes
Turkey,or Ham, Hummus (V)
Assorted Hot Panini Sandwiches, Noodle Soup, and more