



Don't forget to eat your vegetables

Glendale Heights Lunch

October 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Walking Taco with Black Beans

Cherry Tomatoes
Canned Mixed Fruit

Macaroni & Cheese with Garlic Bread
Hot Peas

Salad
Fresh Bananas

Chicken Nuggets
French Fries
Hot Corn

Canned Pineapple

Cheese Pizza or Pepperoni Pizza

Crispy Chicken Patty
Dill Wedges

Cauliflower
Canned Peaches

Maxx Sticks with Marinara Peas & Carrots

Salad
Fresh Oranges

Breakfast for Lunch

Zucchini
Canned Mandarins

Spaghetti with Meatballs
Garlic Bread
Green Beans

Salad
Fresh Grapes

Cheese Pizza or Meat Lover's Pizza

Cheesebread with Marinara
Hot Carrots

Salad
Fresh Apples

Oven Fried Chicken with Potato Salad

Cucumbers
Canned Mixed Fruit

Harvest of the Month
Sloppy Joe
Tater Tots

TURNIP
GOLDEN DELICIOUS

Corn Dog on a Stick
Hot Buttered Corn

Jicama
Fresh Kiwi

Cheese Pizza or Sausage Pizza

Turkey Bacon Ranch Wrap

Cherry Tomatoes
Canned Peaches

Pulled Pork Sandwich
Cucumber Ranch Salad

Celery Sticks
Fresh Oranges

Popcorn Chicken Bowl (mashed, corn, gravy, cheese)

Salad
Canned Mandarins

Hot Ham and Cheese Sandwich

Baby Carrots
Red Pepper

Cheesy Italian Flat Bread or Meat and Cheese Italian Flatbread

Cheeseburger with Waffle Fries

Hot Peas
Fresh Apples

Quesadilla with Beans & Rice

Salad
Canned Mixed Fruit

Sweet/Sour Chicken Bites with Rice

Broccoli
Fresh Bananas

Lasagna Roll Up
Peas

Salad
Fresh Plum

