



Don't forget  
to eat your  
vegetables

# Glendale Heights Lunch

October  
2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meatballs & Gravy with  
Mashed Potatoes

Red Pepper  
Celery  
Fresh Frozen Berries

Cheese Pizza or  
Pepperoni Pizza

Salad  
Fresh Fruit

Chicken Alfredo  
Breadstick

Cherry Tomatoes  
Cauliflower  
Canned Peaches

BBQ Rib Sandwich  
Curly Fries

Carrots  
Peas  
Fresh Oranges

Crispy Chicken Sandwich

Broccoli  
Zucchini  
Canned Mandarins

Mini Corn Dogs  
Tater Tots

Red Pepper  
Cucumbers  
Fresh Grapes

Cheese Pizza or  
Pepperoni Pizza

Salad  
Fresh Fruit

Chicken Tender  
Potato Salad  
Baked Beans

Carrots  
Peas  
Fresh Apples

Walking Taco

Cucumbers  
Cherry Tomatoes  
Canned Mixed Fruit

Breakfast for Lunch

Broccoli  
Radishes  
Fresh Bananas

Cheese Burger  
Hot Buttered Corn

Jicama  
Canned Pears

Cheese Pizza or  
Sausage Pizza

Salad  
Fresh Fruit

Chicken Gyro  
Waffle Fries

Cherry Tomatoes  
Cauliflower  
Canned Peaches

Maxx Stix with Marinara

Carrots  
Peas  
Fresh Oranges

Ham & Pepperoni Melt  
Pasta Salad

Broccoli  
Yellow Squash  
Canned Mandarins

Popcorn Chicken Bowl

Red Pepper  
Cucumbers  
Fresh Pears

Cheese Pizza or  
Sausage Pizza

Salad  
Fresh Fruit

Chicken Fajita with Black  
Beans

Carrots  
Peas  
Fresh Apples

Corn Dog on a Stick with  
Baked Beans

Cucumbers  
Cherry Tomatoes  
Canned Mixed Fruit

Hot Ham and Cheese  
Sandwich  
French Fries

Broccoli  
Fresh Bananas

Chicken Cordon Bleu

Red Pepper  
Celery  
Canned Misc Fruit

Cheese Pizza or  
Meat Lovers Pizza

Salad  
Fresh Fruit

Prices

Contacts

**\*\*BREAKFAST FOR LUNCH\*\***

Pancakes  
Sausage  
Egg Patty  
Syrup

