

# Lunch Menu - Grades 9-12 - #1

October 1-5, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Roast Pork</li> <li>• Steamed Brown Rice</li> <li>• Orange Glazed Sweet Potatoes</li> <li>• Fresh Grapes</li> <li>• 1% milk OR nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Turkey Tenderloin</li> <li>• Whole Wheat Roll w/ Margarine</li> <li>• Steamed Fresh Zucchini</li> <li>• Banana</li> <li>• Apple Cobbler</li> <li>• 1 % milk OR nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Salad on Whole Wheat Bread</li> <li>• Fresh Steamed Broccoli and Cauliflower</li> <li>• Fresh Sliced Strawberries</li> <li>• 1 % milk OR nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Cajun Fish with Cornbread</li> <li>• Margarine</li> <li>• Baked Beans</li> <li>• Romaine Salad with Italian Dressing</li> <li>• Apricot halves in light syrup</li> <li>• 1 % milk OR nonfat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza with whole grain crust</li> <li>• Cooked Peas</li> <li>• Cherry Tomatoes with Creamy Dip for Vegetables</li> <li>• Peach Slices in light syrup</li> <li>• 1 % milk OR nonfat milk</li> </ul>