


Lunch		<i>October 2019</i>			North Powell	
Monday	Tuesday	Wednesday	Thursday	Friday		
	1 Cheese Pizza 1 Baked Beans Pineapple  Milk	2 Lasagna Roll up 1 Broccoli Pears  Milk	3 Cheese Burger 1 Carrot sticks Apples  Milk	4 Turkey Gravy 3/8 cup Mashed Potato 1/4 cup Roll 1 Green Beans Mix Fruit Milk		
7 Chicken Nuggets 5 Tater Tot Applesauce  Milk	8 Turkey & Cheese Wrap 1 Baked Beans Peaches  Milk	9 Egg Rolls Chicken 2 Carrot sticks Pineapple  Milk	10 Teriyaki Chicken 1/2 cup Rice 1/2 cup Broccoli Kiwi  Milk	11 Grilled Cheese Sandwich 1 Green Beans Mix Fruit  Milk		
14 Bean & Cheese Burrito 1 French Fry Applesauce  Milk	15 Cheese Burger 1 Baked Beans Pineapple  Milk	16 Cheese Pizza 1 Carrot sticks Pears  Milk	17 Mandarin Orange Chicken 2/3 cup Rice 1/2 cup Broccoli Honey Dew  Milk	18 Chicken Burger 1 Green Beans Mix Fruit  Milk		
21 Chicken Strips 3 Potato Wedge Applesauce  Milk	22 Fish Wedge 1 Baked Beans Peaches  Milk	23 Grilled Cheese Sandwich 1 Broccoli Pineapple  Milk	24 Turkey & Cheese Sandwich 1 Carrot sticks Oranges  Milk	25 Spaghetti 3/4 cup Green Beans Mix Fruit  Milk		
28 Fish Sticks 4 Southwest Vegetables Applesauce  Milk	29 Cheese Pizza 1 Baked Beans Pineapple  Milk	30 Lasagna Roll up 1 Broccoli Pears  Milk	31 Cheese Burger 1 Carrot sticks Apples  Milk	Milk is 1% white All bread items are Whole Grain or whole wheat. 1/2 cup fruit 1/4 cup vegetable		
					<b>Notice</b>	
					Menu Subject to Change without Notice	
Additional Nutritional Information available at <a href="http://www.ddouglas.k12.or.us/departments/nutrition-services/">http://www.ddouglas.k12.or.us/departments/nutrition-services/</a>					<b>Notice</b>	
<b>This institution is an equal opportunity provider.</b>					Menu Subject to change without Notice	