

# East Shore Leadership Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>BBQ Beef Rib Patty on WG Bun</b>  Potato Wedges Diced Pears 1% White or 1% Chocolate Milk	<b>Walking Taco w/ WG Corn Chips</b>  Texas Ranchero Pinto Beans Fresh Gala Apple 1% White or 1% Chocolate Milk	<b>Italian Meatball Sub on WG Bun</b>  Maple Carrot Coins Fresh Banana 1% White or 1% Chocolate Milk	
	1	2	3	4
<b>WG Pizza Slice</b>  100% Mango Splash Juice Box Fruit mix 1% White or 1% Chocolate Milk	<b>Breaded Chicken Parm Sandwich on WG Bun</b>  Tossed Salad with Ranch Diced Peaches 1% White or 1% Chocolate Milk	<b>Popcorn Chicken w/ Dinner Roll</b>  Baked Beans Fresh Gala Apple 1% White or 1% Chocolate Milk	<b>Chicken in Gravy w/ Biscuit</b>  Fresh Steamed Broccoli Florets Fresh Banana 1% White or 1% Chocolate Milk	<b>Teriyaki Beef Dippers w/ Brown Rice</b>  Mashed Potato Fresh Orange 1% White or 1% Chocolate Milk
7	8	9	10	11
<b>WG Pizza Slice</b>  Fresh Broccoli & Ranch Dressing Diced Pears 1% White or 1% Chocolate Milk	<b>Crispy Chicken Sandwich w/ Bacon on WG Bun</b>  Baked Beans Pineapple Tidbits 1% White or 1% Chocolate Milk	<b>Chicken Strips &amp; Waffle</b>  Maple Carrot Coins Fresh Gala Apple 1% White or 1% Chocolate Milk	<b>Cheesy Taco Penne</b>  Tossed Salad with Ranch Fresh Banana 1% White or 1% Chocolate Milk	<b>Cheese Omelette w/Biscuit</b>  Diced Potatoes Fresh Orange 1% White or 1% Chocolate Milk
14	15	16	17	18
<b>WG Pizza Slice</b>  Fresh Broccoli & Ranch Dressing Fruit mix 1% White or 1% Chocolate Milk	<b>Crispy Chicken Sandwich on WG Bun</b>  Maple Carrot Coins Diced Peaches 1% White or 1% Chocolate Milk	<b>Sloppy Joe Sliders</b>  Seasoned Corn Fresh Gala Apple 1% White or 1% Chocolate Milk	<b>Chicken Fajita with Tortilla</b>  Texas Ranchero Pinto Beans Fresh Banana 1% White or 1% Chocolate Milk	<b>Cheeseburger Mac w/Dinner Roll</b>  Seasoned Green Beans Fresh Orange 1% White or 1% Chocolate Milk
21	22	23	24	25
<b>WG Pizza Slice</b>  Baby Carrots w/Ranch Diced Pears 1% White or 1% Chocolate Milk	<b>Cheeseburger Meatloaf on WW Bun</b>  Fresh Steamed Broccoli Florets Pineapple Tidbits 1% White or 1% Chocolate Milk	<b>Chicken &amp; Bean Burrito with WW Tortilla</b>  Texas Ranchero Pinto Beans Fresh Gala Apple 1% White or 1% Chocolate Milk	<b>Texas Chili w/ Dinner Roll</b>  Potato Wedges Fresh Banana 1% White or 1% Chocolate Milk	
28	29	30	31	



Thought for Thought

### Tips & Information

#### Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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"or." = An alternative selection to choose. "WG"=Whole Grain  
1% White & 1%Chocolate Milk  
available daily.



\*\*Menu Subject to Change\*\*

Happy Halloween!