

JEC: Menu - October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL	NO SCHOOL	Pizza Steamed Carrots Fruit	Penne Ala Vodka Plain Pasta Mushroom Barley Soup Steamed Broccoli Fruit	Bagels Tuna/Egg Salad Cream Cheese Sliced Cucumbers Fruit
8	9	10	11	12
Sliced Turkey Sandwich Rye Bread Tater Tots Fruit	Pizza Steamed Carrots Fruit	Chicken Schnitzel Potatoes Vegetable Fruit	Baked Ziti Plain Pasta Zucchini Potato Soup Steamed Broccoli Fruit	Pancakes Syrup Sliced Cucumbers Fruit
15	16	17	18	19
Pepper Steak White Rice Vegetable Fruit	Pizza Steamed Carrots Fruit	Grilled Chicken Potatoes Vegetable Fruit	Mac n Cheese Plain Pasta Lentil Soup Steamed Broccoli Fruit	Bagels Tuna/Egg Salad Cream Cheese Sliced Cucumbers Fruit
22	23	24	25	26
Marinara Meatball WW Spaghetti Vegetable Fruit	Pizza Steamed Carrots Fruit	Breaded Chicken Poppers Sauce on the side Couscous Vegetable Fruit	Penne Ala Vodka Plain Pasta Tomato Rice Soup Steamed Broccoli Fruit	Pancakes Syrup Sliced Cucumbers Fruit
29	30	31	November 1	2
Meat Tacos Spanish Rice Vegetable Fruit	Pizza Steamed Carrots Fruit	BBQ Chicken Cous-Cous Vegetable Fruit	Fettuccini Alfredo Plain Pasta French Onion Soup Steamed Broccoli Fruit	Bagels Tuna/Egg Salad Cream Cheese Sliced Cucumbers Fruit