

October 2009 Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

October 12th-16th is National School Lunch Week!

Tuesday- Dwight Howard's School Lunch Team: Dwight's Beef Gordita




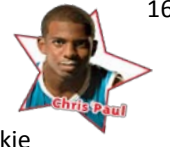
Wednesday- Steve Nash's School Lunch Team: Nash's Noodles Chicken Parmesan

Thursday- Vince Carter's School Lunch Team: Vince's Veggies with a Turkey Sandwich

Friday- Chris Paul's School Lunch Team: CP's Cheese Pizza with a Tossed Salad

Come join these All-Star Teams for an All-Star School Lunch



<p>5</p> <p>Red Beans w Fluffy Rice Tossed Salad Mandarin Oranges Cornbread or Corn Roll</p> <p>Hamburger</p>	<p>6</p> <p>Mexican Pizza Seasoned Corn Chilled Peaches or Fresh Fruit Cinnamon Roll</p> <p>Corndog</p>	<p>7</p> <p>Meatballs in Red Gravy w Spaghetti Caesar Salad Green Peas Italian Seeded Bread Sugar Cookie</p> <p>Popcorn Chicken Basket</p>	<p>8</p> <p>Fried Chicken Mashed Potato w Gravy Buttered Carrots Garlic Roll Brownie Sloppy Joe</p> <p>Turkey w/ Rice and Gravy Potato Salad Mixed Tropical Fruit French Bread</p> <p>Meatball Poboy</p>	<p>9</p> <p>Shrimp Poppers Mac & Cheese Sweet Peas Chilled Tropical Fruit Wheat Roll</p> <p>No School</p>
<p>12</p> <p>No School</p>	<p>13</p> <p>Dwight's Beef Gordita Mexican Rice Lettuce/Tomato Cup Seasoned Corn Cinnamon Stick Chicken Patty</p> 	<p>14</p> <p>Nash's Noodles Chicken Parmesan Italian Green Beans Peaches Garlic Roll Pudding w sprinkles Hamburger</p> 	<p>15</p> <p>Vince's Veggies- Broccoli & Cauliflower w dip Turkey Sandwich Lettuce/Tomato/Pickle Jell-O Pork Chop</p> 	<p>16</p> <p>CP's Pizza Tossed Salad Mandarin Oranges Chocolate Chip Cookie</p> <p>Meatball PB w/wo chz</p> 
<p>19</p> <p>Beef Chili w Green Salad Sweet Peas Southern Butter Wheat Roll Brownie</p> <p>Chicken Patty</p>	<p>20</p> <p>Beef Taco Lettuce/Tomato Cup Seasoned Corn Cinnamon Roll</p> <p>Two-fer</p>	<p>21</p> <p>Lasagna Italian Salad Pears or Fresh Fruit Italian Bread</p> <p>Popcorn Chicken Basket</p>	<p>22</p> <p>BBQ Chicken Broccoli w cheese Tossed Salad Wheat Roll Yellow Cake</p> <p>Hotdog w/wo chili</p>	<p>23</p> <p>Chicken Strips Cheesy Mashed Potatoes Peaches Wheat Roll</p> <p>Hamburger</p>
<p>26</p> <p>Red/White Beans W Fluffy Rice Garden Salad Pears Cornbread or Roll</p> <p>Meatball PB w/wo chz or Sloppy Joe</p>	<p>27</p> <p>Hot Dog</p>	<p>28</p> <p>Meatballs in Red Gravy w Spaghetti Caesar Salad Green Peas Italian Bread Sugar Cookie</p> <p>Chicken Strip Basket</p>	<p>29</p> <p>Turkey Noodle Soup w Grilled Cheese Potato Salad Chilled Mixed Fruit Pudding</p> <p>Hamburger</p>	<p>30</p> <p>Pirate Popcorn Chicken Monster Mashed Potatoes with Goblin Gravy Ghostly Green Beans Creepy Cookie</p> <p>Corndog</p>



School lunches must meet recommendations of the Dietary Guideline for Americans.
 *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
 *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

