

## October 2017 Ben Milam Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>1</b> milk is offered with every meal All meals are subject to change without notice due to availability of product</p>	<p><b>2</b> br. Bagels, fruit, milk Ham/cheese sandwich, carrot sticks, celery sticks, pickle spear, fruit, mustard, ff mayo, ff ranch, chips</p>	<p><b>3</b> biscuit/sausage, juice, milk Soft beef taco, <u>pinto beans</u>, shred romaine, tomatoes, fruit, salsa</p>	<p><b>4</b> Chicken nuggets, mashed potatoes, gravy, mixed veggies, fruit, ketchup, sliced bread</p>	<p><b>5</b> cereal, Scooby doo, juice, milk Hamburger, shred lettuce, tomatoes, tater tots, fruit, sliced pickles, mustard, ff mayo, ketchup</p>	<p><b>6</b> sausage roll, fruit, milk Cheese pizza, corn, <u>garden salad</u>, fruit, ff ranch</p>		
<p><b>8</b></p>	<p><b>9</b> Staff Development Day</p>	<p><b>10</b> pancake on a stick, juice, milk Chicken rings, brown rice, gravy, green beans, broccoli, sliced bread, ketchup, fruit</p>	<p><b>11</b> blueberry muffin, fruit, milk Chili/cheese dog, <u>pinto beans</u>, Carrot sticks, fruit, chips, ff ranch</p>	<p><b>12</b> french toast/little smokies, juice, milk Cheeseburger, shred lettuce, tomato, tater smiles, pickle chips, fruit, mustard, ff mayo, ketchup</p>	<p><b>13</b> waffle, fruit, milk Pepperoni pizza, corn, <u>garden salad</u>, fruit, ff ranch</p>		
<p><b>15</b></p>	<p><b>16</b> cheese toast, fruit , milk Corn dogs, mac/cheese, broccoli, veggio beans, fruit, mustard, ketchup</p>	<p><b>17</b> br. Pizza, juice, milk Beef nachos, refried beans, shred romaine, tomatoes, fruit, chips</p>	<p><b>18</b> pancake/sausage, fruit, milk Steak fingers, mashed potatoes, gravy, sliced carrots, bread, fruit, ketchup</p>	<p><b>19</b> br. Bagels, juice, milk Hamburger, shred lettuce, tomatoes, tater tots, fruit, sliced pickles, mustard, ff mayo, ketchup</p>	<p><b>20</b> biscuit/sausage, juice, milk Cheese pizza, corn, <u>garden salad</u>, fruit, ff ranch</p>		
<p><b>22</b></p>	<p><b>23</b> pancake, fruit, milk Sausage wrap, tater tots, broccoli/cheese, fruit, mustard, ketchup</p>	<p><b>24</b> cereal, graham crackers, juice, milk Crispito, <u>pinto beans</u>, shred romaine, tomato, fruit, crackers</p>	<p><b>25</b> sausage roll, fruit, milk Chicken sticks, brown rice, gravy, peas &amp; carrots, celery sticks, rolls, fruit, ff ranch</p>	<p><b>26</b> pancake on a stick, juice, milk Cheeseburger, shred lettuce, tomato, tater smiles, pickle chips, fruit, mustard, ff mayo, ketchup</p>	<p><b>27</b> chocolate chip muffin, fruit, milk Pepperoni pizza, corn, <u>garden salad</u>, fruit, ff ranch</p>		
<p><b>29</b></p>	<p><b>30</b> french toast/little smokies, juice, milk fish, mac/cheese, veggio beans, broccoli, fruit, ketchup</p>	<p><b>31</b> waffle, fruit, milk Spaghetti/meat, green beans, celery sticks, fruit, garlic bread , ff ranch</p>	<p><b>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</b></p>				