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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|   |   |   | 1CHICKEN ALFREDOROASTED CARROTSROLLSORANGESMILK,1% LowfatMILK,Skim | 2ALL-BEEF BURGERSFRENCH FRIESBANANASMILK,1% LowfatMILK,Skim |
| 5SPAGHETTI WITH MEATSAUCESPRING MIX SALADGRAPEFRUIT WEDGESROLLSMILK,1% LowfatMILK,Skim | 6BURRITO W/BEEFBLACK BEAN SALSATORTILLA WRAPPEARSMILK,1% LowfatMILK,Skim | 7BBQ CHICKENROASTED ZUCCHINIROLLSAPPLESMILK,1% LowfatMILK,Skim | 8PESTO PASTACHICKEN NUGGETSROASTED CARROTSORANGESMILK,1% LowfatMILK,Skim | 9PIZZA WITH CHEESE TOPPINGFRENCH FRIESBANANASMILK,1% LowfatMILK,Skim |
| 12CHICKEN SANDWICHSPRING MIX SALADGRAPEFRUIT WEDGESMILK,1% LowfatMILK,Skim | 13BURRITO BOWL W/CHICKENBLACK BEAN SALSATORTILLA WRAPPEARSMILK,1% LowfatMILK,Skim | 14CILANTRO LIME CHICKENROASTED CAULIFLOWERROLLSAPPLESMILK,1% LowfatMILK,Skim | 15PASTA ALFREDO W/CHICKENROASTED CARROTSORANGESROLLSMILK,1% LowfatMILK,Skim | 16ALL-BEEF BURGERSFRENCH FRIESBANANASMAYONNAISEMILK,1% LowfatMILK,Skim |
| 19PESTO PASTACHICKEN NUGGETSMIXED GREEN SALADGRAPEFRUIT WEDGESMILK,1% LowfatMILK,Skim | 20CHICKEN QUESADILLABROWN RICEBLACK BEANSTOMATO SALSAPEARSMILK,1% LowfatMILK,Skim | 21PERUVIAN CHICKENBROWN RICEPLANTAINSAPPLESROLLSMILK,1% LowfatMILK,Skim | 22LASAGNA WITH GROUND BEEFSPRING MIX SALADORANGESROLLSMILK,1% LowfatMILK,Skim | 23OVEN FRIED CHICKENCOLESLAWROLLSBANANASMILK,1% LowfatMILK,Skim |
| 26MINESTRONE SOUPTURKEY BREAST SANDWICHMIXED GREEN SALADSLICED TOMATOESGRAPEFRUIT WEDGESMILK,1% LowfatMILK,Skim | 27ZESTY CHICKEN TACOSBROWN RICEPICO DE GALLOPEARSMILK,1% LowfatMILK,Skim | 28CILANTRO LIME CHICKENBROWN RICESHREDDED LETTUCE CUPAPPLESMILK,1% LowfatMILK,Skim | 29PASTA ALFREDO W/CHICKENROASTED CARROTSORANGESROLLSMILK,1% LowfatMILK,Skim | 30ALL-BEEF BURGERSFRENCH FRIESSLICED TOMATOESBANANASMAYONNAISEMILK,1% LowfatMILK,Skim |

Stokes Lunch October 2020

\*Menu Subject to Change. MILK VARIETY offered daily.

Questions? kimberlyw@ewstokes.org