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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  | 1  CHICKEN ALFREDO ROASTED CARROTS ROLLS ORANGES MILK,1% Lowfat MILK,Skim | 2  ALL-BEEF BURGERS FRENCH FRIES BANANAS MILK,1% Lowfat MILK,Skim |
| 5  SPAGHETTI WITH MEATSAUCE SPRING MIX SALAD GRAPEFRUIT WEDGES ROLLS MILK,1% Lowfat MILK,Skim | 6  BURRITO W/BEEF BLACK BEAN SALSA TORTILLA WRAP PEARS MILK,1% Lowfat MILK,Skim | 7  BBQ CHICKEN ROASTED ZUCCHINI ROLLS APPLES MILK,1% Lowfat MILK,Skim | 8  PESTO PASTA CHICKEN NUGGETS ROASTED CARROTS ORANGES MILK,1% Lowfat MILK,Skim | 9  PIZZA WITH CHEESE TOPPING FRENCH FRIES BANANAS MILK,1% Lowfat MILK,Skim |
| 12  CHICKEN SANDWICH SPRING MIX SALAD GRAPEFRUIT WEDGES MILK,1% Lowfat MILK,Skim | 13  BURRITO BOWL W/CHICKEN BLACK BEAN SALSA TORTILLA WRAP PEARS MILK,1% Lowfat MILK,Skim | 14  CILANTRO LIME CHICKEN ROASTED CAULIFLOWER ROLLS APPLES MILK,1% Lowfat MILK,Skim | 15  PASTA ALFREDO W/CHICKEN ROASTED CARROTS ORANGES ROLLS MILK,1% Lowfat MILK,Skim | 16  ALL-BEEF BURGERS FRENCH FRIES BANANAS MAYONNAISE MILK,1% Lowfat MILK,Skim |
| 19  PESTO PASTA CHICKEN NUGGETS MIXED GREEN SALAD GRAPEFRUIT WEDGES MILK,1% Lowfat MILK,Skim | 20  CHICKEN QUESADILLA BROWN RICE BLACK BEANS TOMATO SALSA PEARS MILK,1% Lowfat MILK,Skim | 21  PERUVIAN CHICKEN BROWN RICE PLANTAINS APPLES ROLLS MILK,1% Lowfat MILK,Skim | 22  LASAGNA WITH GROUND BEEF SPRING MIX SALAD ORANGES ROLLS MILK,1% Lowfat MILK,Skim | 23  OVEN FRIED CHICKEN COLESLAW ROLLS BANANAS MILK,1% Lowfat MILK,Skim |
| 26  MINESTRONE SOUP TURKEY BREAST SANDWICH MIXED GREEN SALAD SLICED TOMATOES GRAPEFRUIT WEDGES MILK,1% Lowfat MILK,Skim | 27  ZESTY CHICKEN TACOS BROWN RICE PICO DE GALLO PEARS MILK,1% Lowfat MILK,Skim | 28  CILANTRO LIME CHICKEN BROWN RICE SHREDDED LETTUCE CUP APPLES MILK,1% Lowfat MILK,Skim | 29  PASTA ALFREDO W/CHICKEN ROASTED CARROTS ORANGES ROLLS MILK,1% Lowfat MILK,Skim | 30  ALL-BEEF BURGERS FRENCH FRIES SLICED TOMATOES BANANAS MAYONNAISE MILK,1% Lowfat MILK,Skim |

Stokes Lunch October 2020

\*Menu Subject to Change. MILK VARIETY offered daily.  
  
Questions? kimberlyw@ewstokes.org