



WHAT'S ON THE MENU?



The Arthur School: OCTOBER 2022 Delivery Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Red Beans & Brown Rice w/ Sausage and Dinner Roll Roasted Cauliflower Green Beans</p> <p>Fresh Fruit</p>	<p>4 Turkey Tacos w/ Cheese and Fiesta Rice Butternut Squash Steamed Baby Carrots</p> <p>Fresh Fruit</p> <p><small>NATIONAL TACO DAY</small> </p>	<p>5 Chicken Parmesan Sandwich Roasted Mixed Vegetables Seasoned Peas Sweet Potato Fries</p> <p>Fresh Fruit</p>	<p>6 No School</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>7 No School</p>
<p>10 No School</p>	<p>11 Turkey Nachos w/ Cheese and Fiesta Rice Mexican Street Corn Steamed Carrots</p> <p>Fresh Fruit</p>	<p>12 Hamburger Steak w/ Gravy, Brown Rice & Dinner Roll Green Beans Corn</p> <p>Fresh Fruit</p>	<p>13 Chicken Cordon Bleu on WG Bun Seasoned Green Beans Sweet Potato Casserole</p> <p>Fresh Fruit</p>	<p>14 BBQ Chicken Dirty Rice and Dinner Roll Seasoned Collard Greens Buttered Corn</p> <p>Fresh Fruit</p>
<p>17 White Beans & Brown Rice w/ Sausage and Cornbread Roasted Cauliflower Green Beans</p> <p>Fresh Fruit</p>	<p>18 Meatball Sub w/ Mozzarella Cheese on WG Bun Macaroni & Cheese Roasted Broccoli Steamed Yellow Squash</p> <p>Fresh Fruit</p>	<p>19 Shepherd's Pie Corn Green Beans WG Dinner Roll</p> <p>Fresh Fruit</p>	<p>20 Sloppy Joes on WG Bun Sweet Potato Fries Roasted Cauliflower</p> <p>Fresh Fruit</p>	<p>21 Oven Fried Chicken w/ Dirty Rice & Dinner Roll Pork & Beans Broccoli & Cheese</p> <p>Fresh Fruit</p>
<p>24 Sweet and Smoky Pork Loin or Chicken Thigh, Brown Rice and Gravy w/ CornBread Seasoned Mustard Greens Baked Beans</p> <p>Fresh Fruit</p>	<p>25 Turkey Tacos & Cheese Fiesta Rice Sweet Potato Tots Roasted Mixed Veggies</p> <p>Fresh Fruit</p>	<p>26 Herb Baked Chicken w/ Yellow Rice, WG Rolls Seasoned Corn Green Beans</p> <p>Fresh Fruit</p>	<p>27 Turkey Hot Dog on WG Bun & Chili Sweet Potato Fries Mixed Vegetables</p> <p>Fresh Fruit</p>	<p>28 Spaghetti & Meatballs w/Garlic Bread Buttered Green Peas Roasted Squash</p> <p>Fresh Fruit</p>
<p>31 Red Beans & Brown Rice w/ Sausage and Dinner Roll Roasted Cauliflower Green Beans</p> <p>Fresh Fruit</p>	<p>Every lunch includes an entrée supplying grain and sometimes additional protein, two servings of fresh fruit, and a choice of low-fat and fat-free milk.</p>			

