

**October, 2018
Fairmount Menu**

Monday 10/1	Tuesday 10/2	Wednesday 10/3	Thursday 10/4	Friday 10/5
<p>Home-style Meatloaf with Brown Gravy</p> <p>Steamed Broccoli, Baked Sweet Potatoes, Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Cheese Quesadilla on Whole Wheat Flour Tortilla</p> <p>Mexican Rice, Tex Mex Garden Salad Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Vegetable Lasagna with Creamy Florentine Sauce and Whole Grain Garlic Breadstick</p> <p>Steamed Seasoned Broccoli, Pears 1% Milk or FF Chocolate Milk</p>	<p>Apple Cider Glazed Chicken Breast with a Whole Grain Roll</p> <p>Butternut Squash, Oven Roasted Potatoes Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Tossed Salad with Low Fat Dressing, Roasted Vegetable and Potato Medley Peaches 1% Milk or FF Chocolate Milk</p>
Monday 10/8	Tuesday 10/9	Wednesday 10/10	Thursday 10/11	Friday 10/12
<p>Philly Cheese Steak on a Whole Grain Bun</p> <p>Broccoli Florets, Cucumber and Tomato Salad Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Asian Beef and Broccoli</p> <p>Stir Fry Vegetables, Vegetable Fried Rice Mandarin Oranges 1% Milk or FF Chocolate Milk</p>	<p>Oven Roasted Turkey Breast with Gravy and Cranberry Cornbread Stuffing</p> <p>Mashed Potatoes, Vegetable Medley Pears 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Baked Sweet Potato Fries, Diced Honeydew Melon 1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Pizza Crust with Homemade Sauce</p> <p>Field Green Salad with Fresh Berries and Dried Cranberries with Balsamic, Baked Crispy Fries Apple Sauce 1% Milk or FF Chocolate Milk</p>
Monday 10/15	Tuesday 10/16	Wednesday 10/17	Thursday 10/18	Friday 10/19
<p>Oven Fried Chicken and Whole Grain Waffles</p> <p>Sautéed Greens, Seasoned Butternut Squash Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos</p> <p>Red Beans and Rice, Mexican Corn and Tortilla Salad Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Glazed Spiral Ham with Baked Apples</p> <p>Green Bean Casserole, Mashed Sweet Potatoes Pears 1% Milk or FF Chocolate Milk</p>	<p>Classic Beef Lasagna with Fresh Pomodoro Sauce</p> <p>Steamed Broccoli, Whole Grain Garlic Bread Stick, Garden Salad with Low Fat Dressing Fresh Apple Slices 1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Pizza Crust with Homemade Sauce</p> <p>Tomato Cucumber Salad with Low Fat Balsamic, Roasted Vegetable Medley Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
Monday 10/22	Tuesday 10/23	Wednesday 10/24	Thursday 10/25	Friday 10/26
<p>Classic Macaroni and Cheese with Whole Grain Macaroni</p> <p>Green Peas, Tossed Garden Salad with Low Fat Dressing Pears 1% Milk or FF Chocolate Milk</p>	<p>Brunch Menu</p> <p>Whole Grain Pancakes and Scrambled Cheesy Eggs with Sausage and Syrup</p> <p>Baked Home Fried Potatoes, Steamed Vegetable Medley Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Cheddar Cheeseburger on a Whole Grain Roll</p> <p>Honey Corn Bread, Barbecue Baked Beans, Cole Slaw Mandarin Oranges 1% Milk or FF Chocolate Milk</p>	<p>Chicken Cheesesteak Sub on a Whole Grain Roll</p> <p>Sweet Potato Fries, Steamed Mixed Vegetables Fresh Watermelon 1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Pizza Crust with Homemade Sauce</p> <p>Tossed Salad with Low Fat Dressing, Roasted Vegetable and Potato Medley Fresh Apple Slices 1% Milk or FF Chocolate Milk</p>
Monday 10/29	Tuesday 10/30	Wednesday 10/31	Thursday	Friday
<p>Corn Dog</p> <p>Spaghetti Squash Marinara, Baked Tater Tots Pears 1% Milk or FF Chocolate Milk</p>	<p>Shredded Chicken Soft Tacos</p> <p>Sweet Corn, Spanish Rice, Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Monster Eyeball Sub (turkey meatball sub)</p> <p>Dirty Rice, Sautéed Greens Pineapple 1% Milk or FF Chocolate Milk</p>		