



THE MEADOWBROOK SCHOOL

~ October 2018 ~

◀ Jan 2015

Mar 2015 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Olivia, Ethan, and Peyton's Special Lunch Cheese pizza Carrots and red peppers with Ranch Dressing Red grapes Brownies	2 Chicken fajitas with onions and peppers on a whole wheat tortilla Cheddar cheese, salsa, & Greek yogurt Sautéed corn Pears	3 Caesar salad Pasta with turkey Bolognese sauce Pineapple slices	4 Meadowbrook chicken Brown rice Broccoli Fresh seasonal fruit	5 Turkey chili served with cheddar cheese Homemade cornbread Watermelon	
7	8 No School- Columbus Day	9 Turkey tacos on whole wheat shells with all the fixings Mexicali Corn Mandarin oranges	10 Pasta with marinara sauce and chicken breast strips Caesar salad Cinnamon apple slices	11 Homemade beef vegetable soup Baked potato Fresh seasonal fruit Strawberry yogurt	12 Chicken tenders White and sweet potato tater tots Raw veggie tray Pear halves	13 Fall Festival Open House
14	15 BBQ chicken Cole slaw French fries Baked cinnamon apple slices	16 Homemade mac and cheese Roasted carrots Peach slices	17 Meadowbrook Munchable: Cheese and turkey with whole wheat crackers Carrot sticks Grapes Chocolate chip cookie	18 Crispy chicken sandwich Raw cucumbers and peppers Pineapple slices Tapioca Pudding	19 All beef hot dogs Baked beans Veggie chips Bananas	20
21	22 6 th Grade Surprise	23 Turkey tacos on whole wheat shells with all the fixings Sautéed Corn Pineapple rings	24 Caesar Salad Stuffed shells Cinnamon apple slices	25 Oven-baked crispy chicken Green beans Homemade biscuit Grapes	26 Homemade beef meatball sandwiches on whole wheat roll Raw veggie sampler Fresh seasonal fruit	27
28	29 Chicken parm with pasta Green beans Fresh seasonal fruit	30 Chicken stir-fry with broccoli and sesame ginger sauce Brown Rice Peach halves	31 Halloween Pasta with homemade beef meatballs and marinara sauce Caesar Salad Bananas	1 Toasted cheddar cheese on whole grain bread Homemade tomato soup Blueberry yogurt Fresh seasonal fruit	2 Turkey hoagies on whole wheat roll Broccoli Fresh seasonal fruit	

The lunch alternative will rotate between Sandwiches on whole grain bread such as cheese sandwiches, SunButter sandwiches and turkey ham sandwiches or Whole Grain Cheerios with milk.

Please Note: Meadowbrook School is now offering their version of the popular *Lunchables* as the new **Meadowbrook Munchables**. Check out this new meal on Wednesday, October 17th!