



# OCTOBER



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## HOPE ACADEMY NORTHCOAST L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 2, 2017</b>	<b>October 3, 2017</b>	<b>October 4, 2017</b>	<b>October 5, 2017</b>	<b>October 6, 2017</b>
BAKED CHICKEN NUGGETS (WHOLE GRAIN) BBQ Sauce TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Light Mayonnaise French Fries Diced Pears Ketchup Choice of Milk	CHEESE PIZZA TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Chipotle Ranch Ketchup Broccoli Orange Sorbet 100% Juice Choice of Milk	*NATIONAL TACO DAY! TACO SCOOPS Soft Tortilla ^ Salsa Cup POPCORN CHICKEN Fresh Baby Carrots Light Ranch Dressing BBQ Sauce Taco Beans Pineapple Tidbits Choice of Milk	CRISPY CHICKEN FILLET BBQ Sauce Hamburger Bun MEATLOAF PANINI Ketchup Mixed Vegetables Fresh Fruit Choice of Milk	BAGEL DOG Pickle Chips Mustard Ketchup PIZZA DIPPERS Marinara Dipping Sauce SunSet Sip Juice Fresh Fruit Choice of Milk
<b>October 9, 2017</b>	<b>October 10, 2017</b>	<b>October 11, 2017</b>	<b>October 12, 2017</b>	<b>October 13, 2017</b>
COLUMBUS DAY	*BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Syrup DELI SUB SANDWICH Mustard Golden Potato Rounds Blended Fruit Juice Ketchup Choice of Milk	*Build Your Own Wrap* BUFFALO CHICKEN Soft Tortilla MINI CORN DOGS ^ Ketchup Maple Baked Beans Pickle Chips Diced Peaches Choice of Milk	*NEW ITEM* CHICKEN RANCH FLATBREAD Fresh Baby Carrots Fat Free Ranch Dressing CHEESE PIZZA Green Beans Fresh Fruit Choice of Milk	*BUILD A BETTER BURGER* *MAKE YOUR OWN PITA* CHARBROILED CHEESEBURGER Hamburger Bun Sriracha Ketchup Ketchup HUMMUS CUP Pita Bread ^ Romaine Lettuce Pickle Chips Jalapenos Fat Free Ranch Dressing Mixed Fruit Cup Multi Grain Sun Chips Choice of Milk
<b>October 16, 2017</b>	<b>October 17, 2017</b>	<b>October 18, 2017</b>	<b>October 19, 2017</b>	<b>October 20, 2017</b>
CHICKEN TENDERS W/SWEET POTATO PUFFS BBQ Sauce Ketchup TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Pickle Chips Light Mayonnaise Maple Baked Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Mustard Ketchup PEPPERONI PIZZA Diced Carrots Blended Fruit Juice Choice of Milk	BBQ CHICKEN CHARBROILED HAMBURGER Pickle Chips Ketchup Mustard Hamburger Bun Green Beans Diced Peaches Choice of Milk	CHEESE PIZZA CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Breadstick ^ Romaine Lettuce Light Ranch Dressing Fresh Fruit Choice of Milk	MEATLOAF PANINI FRENCH TOAST STICKS W/SAUSAGE ^ Syrup French Fries Fresh Fruit Ketchup Choice of Milk
<b>October 23, 2017</b>	<b>October 24, 2017</b>	<b>October 25, 2017</b>	<b>October 26, 2017</b>	<b>October 27, 2017</b>
MEATLESS MONDAY** PIZZA DIPPERS Marinara Dipping Sauce DELI SUB SANDWICH Pickle Chips Mustard Garden Vegetables Applesauce Cup Choice of Milk	CHICKEN FRIES W/TRI TATORS BBQ Sauce Ketchup MACARONI & CHEESE Whole Kernel Corn Mixed Fruit Cup Choice of Milk	NO SCHOOL	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ Romaine Lettuce Cucumber Coins Fat Free Ranch Dressing Grape Juice Choice of Milk	ROTINI BAKE WITH MEATSAUCE MINI CORN DOGS ^ Ketchup Crunchy Celery Sticks Light Ranch Dressing SunSet Sip Juice Fresh Fruit Raspberry Cookies Choice of Milk
<b>October 30, 2017</b>	<b>October 31, 2017</b>	<b>November 1, 2017</b>	<b>November 2, 2017</b>	<b>November 3, 2017</b>
BAKED CHICKEN NUGGETS (WHOLE GRAIN) BBQ Sauce TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Light Mayonnaise French Fries Orange Juice Ketchup Choice of Milk	CHEESE PIZZA SLOPPY JOE Hamburger Bun Broccoli Diced Peaches Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

10/9 BREAKFAST For Lunch day  
Make your own 10/10

HAPPY HALLOWEEN



PREFERRED MEALS

preferredmeals  
an ellor company

10/12 NEW MENU ITEM  
around the WORLD 10/4