

# Providence Schools K-12 Lunch Menu October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Mexican Beef Tortilla w/ Salsa & Cheese or Asian Chicken Sub or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Baby Carrots Fresh Apple 1% or Fat Free Flavored Milk	<b>2</b> Cheese Pizza Or Ham & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Roasted Italian Chickpeas Fresh Orange
<b>5</b> Chicken Patty Sandwich or Turkey & Cheese Sandwich or BLT Popcorn Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Baby Carrots Pear Cup 1% or FF Flavored Milk	<b>6</b> Mexican Beef w/ Cheese & Chips or Italian Sub or BLT Popcorn Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Black Bean Salsa Applesauce 1% or FF Flavored Milk	<b>7</b> Mozzarella Bread Sticks or Turkey & Cheese Sandwich or BLT Popcorn Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Cucumber Slices Fresh Apple 1% or FF Flavored Milk	<b>8</b> Southwest Chicken w/ Rice & Beans or Italian Sub or BLT Popcorn Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Corn Fresh Orange 1% or FF Flavored Milk	<b>9</b> Cheese Pizza or Turkey & Cheese sandwich or BLT Popcorn Chicken Salad w /Roll or Sunbutter & Jelly Sandwich Broccoli Florets Peach Cup 1% or FF Flavored Milk
<b>12</b> No School Columbus Day	<b>13</b> Egg Omelet w / French Toast or Buffalo Chicken Sub or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Potato Tots Peach Cup 1% or Fat Free Flavored Milk	<b>14</b> Cheeseburger or Turkey & Cheese Sandwich or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Broccoli Florets Mixed Fruit 1% or Fat Free Flavored Milk	<b>15</b> Mexican Beef Tortilla w/ Salsa & Cheese or Buffalo Chicken Sub or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Celery Sticks Fresh Orange 1% or Fat Free Flavored Milk	<b>16</b> Cheese Pizza or Turkey & Cheese Sandwich or Antipasto Salad w/ Roll or Sunbutter & Jelly Sandwich Roasted Italian Chickpeas Fresh Apple 1% or Fat Free Flavored Milk
<b>19</b> Chicken Patty Sandwich or Turkey & Cheese Sandwich or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Corn Peach Cup 1% or Fat Free Flavored Milk	<b>22</b> Mexican Beef w/ Cheese & Chips or Asian Chicken Sub or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Black Bean Salsa Mixed Fruit Cup 1% or Fat Free Flavored Milk	<b>21</b> Mozzarella Breadsticks or Turkey & Cheese Sandwich or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Broccoli Florets Applesauce Cup 1% or Fat Free Flavored Milk	<b>22</b> Southwest Chicken w/ Rice & Beans or Asian Chicken Sub or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Baby Carrots Fresh Apple 1% or Fat Free Flavored Milk	<b>23</b> Cheese Pizza or Turkey & Cheese Sandwich or Chicken Caesar Salad w/ Roll or Sunbutter & Jelly Sandwich Cucumber Slices Fresh Orange 1% or Fat Free Flavored Milk
<b>26</b> Chicken Nuggets w/ Roll or Ham & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Baby Carrots Applesauce 1% or Fat Free Flavored Milk	<b>27</b> Egg Omelet w/French Toast Sticks or Asian Chicken Sub or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Potato Tots Pear Cup 1% or Fat Free Flavored Milk	<b>28</b> Cheeseburger or Ham & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Broccoli Florets Mixed Fruit Cup 1% or Fat Free Flavored Milk	<b>29</b> Mexican Beef Tortilla w/ Salsa & Cheese or Asian Chicken Sub or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Celery Sticks Fresh Apple 1% or Fat Free Flavored Milk	<b>30</b> Cheese Pizza Or Ham & Cheese Sandwich or Chef Salad w/ Roll or Sunbutter & Jelly Sandwich Roasted Italian Chickpeas Fresh Orange 1% or Fat Free Flavored Milk