



October, 2008 - Lunch

<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish.</i> <i>-State regulations require milk to be served with each meal.</i> <i>-Visit us at www.goodfoodco.com</i> <i>-Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>	<p>10/1 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>10/2 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>10/3 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>10/6 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>10/7 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>10/8 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>10/9 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit</p>	<p>10/10 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>10/13 ***** CLOSED FOR COLUMBUS DAY *****</p>	<p>10/14 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>10/15 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>10/16 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>10/17 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>10/20 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>10/21 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>10/22 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>10/23 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>10/24 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>10/27 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>10/28 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>10/29 Chicken nuggets Potato soup Fresh fruit</p>	<p>10/30 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>10/31 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>



November, 2008 - Lunch

<p>11/3 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>11/4 *Quiche Broccoli French bread /butter Fresh fruit</p>	<p>11/5 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>11/6 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit</p>	<p>11/7 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>11/10 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>11/11 Veterans Day Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>11/12 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>11/13 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit</p>	<p>11/14 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>11/17 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>11/18 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>11/19 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>11/20 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>11/21 <i>Thanksgiving Dinner</i> Turkey w/gravy Mashed sweet potatoes Tossed salad Wheat bread/butter Fresh fruit</p>
<p>11/24 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>11/25 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>11/26 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>11/27 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>	<p>11/28 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>
<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal. -Visit us at www.goodfoodco.com -Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>			



December, 2008 - Lunch

12/1 *Pizza Garden salad Wheat bread/butter Fresh fruit	12/2 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit	12/3 Chicken nuggets Potato soup Fresh fruit	12/4 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit	12/5 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
12/8 Beef & turkey soft taco Grated cheese Corn Fresh fruit	12/9 *Quiche Broccoli French bread /butter Fresh fruit	12/10 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	12/11 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit	12/12 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
12/15 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	12/16 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	12/17 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	12/18 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit	12/19 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit
12/22 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	12/23 *Lasagna Tossed salad Wheat bread/butter Fresh fruit	12/24 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit	12/25 ***** CLOSED FOR CHRISTMAS HOLIDAY *****	12/26 ***** CLOSED FOR CHRISTMAS HOLIDAY *****
12/29 *Cheese melt Tomato pasta soup Fresh fruit	12/30 *Beans & Rice Coleslaw Tortilla Fresh fruit	12/31 Turkey sloppy joe Carrots Roll Fresh fruit	<p><i>There are no pork or peanut products on this menu.</i></p> <p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal.</i></p> <p><i>-Visit us at www.goodfoodco.com</i></p> <p><i>-Please refer to our allergy list.</i></p>	



January, 2009 – Lunch

<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal. -Visit us at www.goodfoodco.com Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>		<p>1/1 ***** CLOSED FOR NEW YEAR'S DAY *****</p>	<p>1/2 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>
<p>1/5 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>1/6 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>1/7 Chicken nuggets Potato soup Fresh fruit</p>	<p>1/8 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>1/9 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>
<p>1/12 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>1/13 *Quiche Broccoli French bread /butter Fresh fruit</p>	<p>1/14 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>1/15 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit</p>	<p>1/16 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>1/19 ***** CLOSED FOR MLK JR'S BIRTHDAY *****</p>	<p>1/20 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>1/21 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>1/22 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>1/23 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>1/26 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>1/27 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>1/28 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>1/29 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>1/30 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>



February, 2009 – Lunch

<p>2/2 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>2/3 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>2/4 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>2/5 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>2/6 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>2/9 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>2/10 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>2/11 Chicken nuggets Potato soup Fresh fruit</p>	<p>2/12 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>2/13 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>
<p>2/16 ***** CLOSED FOR PRESIDENT'S DAY *****</p>	<p>2/17 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>2/18 *Quiche Broccoli French bread /butter Fresh fruit</p>	<p>2/19 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>2/20 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>2/23 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>2/24 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>2/25 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>2/26 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit</p>	<p>2/27 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal. -Visit us at www.goodfoodco.com -Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>			



March, 2009 – Lunch

<p>3/2 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>3/3 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>3/4 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>3/5 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>3/6 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>3/9 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>3/10 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>3/11 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>3/12 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>3/13 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>3/16 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>3/17 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>3/18 Chicken nuggets Potato soup Fresh fruit</p>	<p>3/19 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>3/20 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>
<p>3/23 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>3/24 *Quiche Broccoli French bread /butter Fresh fruit</p>	<p>3/25 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>3/26 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit</p>	<p>3/27 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>3/30 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>3/31 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>		<p><i>There are no pork or peanut products on this menu.</i></p>	<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal. -Visit us at www.goodfoodco.com Please refer to our allergy list.</i></p>



April, 2009 – Lunch

<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish.</i> <i>-State regulations require milk to be served with each meal.</i> <i>-Visit us at www.goodfoodco.com</i> <i>-Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>	<p>4/1 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>4/2 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit</p>	<p>4/3 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>4/6 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>4/7 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>4/8 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>4/9 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>4/10 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>4/13 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>4/14 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>4/15 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>4/16 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>4/17 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>4/20 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>4/21 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>4/22 Chicken nuggets Potato soup Fresh fruit</p>	<p>4/23 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>4/24 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>
<p>4/27 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>4/28 *Quiche Broccoli French bread /butter Fresh fruit</p>	<p>4/29 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>4/30 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit</p>	



May, 2009 – Lunch

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<p>5/4 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>5/5 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>5/6 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>5/7 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit</p>	<p>5/8 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>5/11 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>5/12 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>5/13 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>5/14 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>5/15 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>5/18 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>5/19 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>5/20 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>5/21 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>5/22 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>
<p>5/25 ***** CLOSED FOR MEMORIAL DAY *****</p>	<p>5/26 *Pizza Garden salad Wheat bread/butter Fresh fruit</p>	<p>5/27 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit</p>	<p>5/28 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>5/29 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit</p>



June, 2009 – Lunch

6/1 Beef & turkey soft taco Grated cheese Corn Fresh fruit	6/2 *Quiche Broccoli French bread /butter Fresh fruit	6/3 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	6/4 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit	6/5 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
6/8 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	6/9 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	6/10 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	6/11 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit	6/12 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit
6/15 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	6/16 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	6/17 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	6/18 *Lasagna Tossed salad Wheat bread/butter Fresh fruit	6/19 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit
6/22 *Cheese melt Tomato pasta soup Fresh fruit	6/23 *Beans & Rice Coleslaw Tortilla Fresh fruit	6/24 Turkey sloppy joe Carrots Roll Fresh fruit	6/25 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit	6/26 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
6/29 *Pizza Garden salad Wheat bread/butter Fresh fruit	6/30 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit		<p><i>There are no pork or peanut products on this menu.</i></p>	<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish.</i></p> <p><i>-State regulations require milk to be served with each meal.</i></p> <p><i>-Visit us at www.goodfoodco.com</i></p> <p><i>-Please refer to our allergy list.</i></p>



July, 2009 – Lunch

<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish.</i> <i>-State regulations require milk to be served with each meal.</i> <i>-Visit us at www.goodfoodco.com</i> <i>-Please refer to our allergy list.</i></p>	<p><i>There are no pork or peanut products on this menu.</i></p>	<p>7/1 Chicken nuggets Potato soup Fresh fruit</p>	<p>7/2 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit</p>	<p>7/3 ***** CLOSED FOR INDEPENDENCE DAY *****</p>
<p>7/6 Beef & turkey soft taco Grated cheese Corn Fresh fruit</p>	<p>7/7 *Quiche Broccoli French bread /butter Fresh fruit</p>	<p>7/8 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit</p>	<p>7/9 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit</p>	<p>7/10 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit</p>
<p>7/13 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit</p>	<p>7/14 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit</p>	<p>7/15 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>7/16 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit</p>	<p>7/17 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit</p>
<p>7/20 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit</p>	<p>7/21 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit</p>	<p>7/22 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit</p>	<p>7/23 *Lasagna Tossed salad Wheat bread/butter Fresh fruit</p>	<p>7/24 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit</p>
<p>7/27 *Cheese melt Tomato pasta soup Fresh fruit</p>	<p>7/28 *Beans & Rice Coleslaw Tortilla Fresh fruit</p>	<p>7/29 Turkey sloppy joe Carrots Roll Fresh fruit</p>	<p>7/30 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit</p>	<p>7/31 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit</p>



August, 2009 – Lunch

8/3 *Pizza Garden salad Wheat bread/butter Fresh fruit	8/4 *Ravioli w/olive oil & Parmesan Salad Dinner roll Fresh fruit	8/5 Chicken nuggets Potato soup Fresh fruit	8/6 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit	8/7 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
8/10 Beef & turkey soft taco Grated cheese Corn Fresh fruit	8/11 *Quiche Broccoli French bread /butter Fresh fruit	8/12 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	8/13 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit	8/14 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
8/17 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	8/18 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	8/19 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	8/20 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit	8/21 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit
8/24 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	8/25 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	8/26 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	8/27 *Lasagna Tossed salad Wheat bread/butter Fresh fruit	8/28 Mexican style chicken leg Zucchini Wheat bread/butter Fresh fruit
8/31 *Cheese melt Tomato pasta soup Fresh fruit			<p><i>There are no pork or peanut products on this menu.</i></p>	<p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal.</i></p> <p><i>-Visit us at www.goodfoodco.com</i></p> <p><i>-Please refer to our allergy list.</i></p>



September, 2009 – Lunch

	9/1 *Beans & Rice Coleslaw Tortilla Fresh fruit	9/2 Turkey sloppy joe Carrots Roll Fresh fruit	9/3 Salisbury steak & gravy Brown rice Vegetable salad Multi-grain bread/butter Fresh fruit	9/4 Teriyaki chicken Broccoli Wheat bread/butter Fresh fruit
9/7 ***** CLOSED FOR LABOR DAY *****	9/8 *Pizza Garden salad Wheat bread/butter Fresh fruit	9/9 Chicken nuggets Potato soup Fresh fruit	9/10 Hamburger stroganoff Noodles Peas Wheat bread/butter Fresh fruit	9/11 BBQ Chicken Mixed vegetables Corn bread/butter Fresh fruit
9/14 Beef & turkey soft taco Grated cheese Corn Fresh fruit	9/15 *Quiche Broccoli French bread /butter Fresh fruit	9/16 Whole wheat spaghetti w/meat sauce Grated cheese Spinach salad Wheat bread/butter Fresh fruit	9/17 Meatball sub w/tomato sauce Grated cheese Roll Diced carrots Fresh fruit	9/18 *Cheese manicotti Green beans Whole wheat bread/butter Fresh fruit
9/21 Ziti with chicken sausage & tomato sauce Grated cheese Vegetable salad Wheat bread/butter Fresh fruit	9/22 Chicken fajitas Flour tortilla Spanish brown rice Chilled veggies & dip Fresh fruit	9/23 Meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	9/24 Turkey & cheese wrap Mixed vegetables Cracked wheat bread/butter Fresh fruit	9/25 *Macaroni & cheese Peas Wheat bread/butter Fresh fruit
9/28 Turk-a-roni Grated cheese Spinach salad Raisin bread/butter Fresh fruit	9/29 Fish sticks Broccoli & cauliflower Cracked-wheat bread/butter Fresh fruit	9/30 Hamburger patty Dried beans & tomato sauce Roll Fresh fruit	<p><i>There are no pork or peanut products on this menu.</i></p> <p><i>*meals marked are vegetarian and contain no beef, poultry, or fish. -State regulations require milk to be served with each meal.</i></p> <p><i>-Visit us at www.goodfoodco.com</i></p> <p><i>-Please refer to our allergy list.</i></p>	

