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ADAMS OCTOBER LUNCH MENU 2020
This Institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday 10/1	Friday 10/2
			Salisbury Steak w/ Mashed Potatoes (A) Mashed Potatoes, Gravy & Cheese Stick (B) Steamed Cabbage Fruit	WG Pepperoni Pizza (A)* WG Cheese Pizza (B)* Celery & Carrot Sticks Sliced Oranges
Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
WG Chicken & Waffles (A)* WG Waffles w/ Scramble Eggs (B) Cheese Stick Strawberries	Ham or Turkey Subs (A)* P-Nut Butter & Jelly Sandwich (B) Celery Sticks w/ Ranch Dressing Fruit Cocktail	Beef Taco Bowl (A)* Taco Beef, Cilantro Rice and Black Beans Vegetarian Taco Bowl (B) Pico De Gallo, Cilantro Rice & Black Beans Seasonal Fruit	WG Pepperoni Pizza (A)* WG Cheese Pizza (B)* Celery & Carrot Sticks Sliced Oranges	No School 
Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16
No School 	Hawaiian Chicken w/Sticky Rice (A) Sticky Rice & Broccoli w/ Cheese (B) Broccoli Pineapples	Pepperoni & Cheese Flat Bread (A)* W/ Marinara Sauce & Salad Cheese Flat Bread (B) Marinara Sauce & Salad Sliced Peaches	Beef Tips & Gravy (A) Mashed Potatoes & Gravy w/ Cheese Stick (B) Mashed Potatoes Seasonal Fruit	WG Pepperoni Pizza (A)* WG Cheese Pizza (B) Tossed Salad Sliced Oranges
Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23
Pancakes w/ Sausage (A) Pancakes w/ Eggs (B) Cheese Stick Blueberry Topping	Orange Chicken w Brown Rice (A)* Brown Rice w/ Orange Sauce (B) Stir Fry Vegetables Mandarin Oranges	Cheeseburger/ Hamburger (A)* P-Nut Butter & Jelly w/ WG Bread (B) Crinkle Fries Mixed Fruit	Early Release 	Early Release 
Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30
French Toast w/ Turkey Sausage(A) French Toast w/ Eggs (B) Cheese Stick Mixed Fruit	Grilled Ham or Turkey Sandwich (A) Grilled Cheese Sandwich (B) Crinkle Fries Fruit	Beef-a Roni (A) Pasta & Marinara Sauce (B) Garlic Bread Seasonal Fruit	Chicken Nuggets w/ WG Roll (A)* P-Nut Butter & Jelly Sandwich (B) Crinkle Fries Sliced Pears	WG Pepperoni Pizza (A)* WG Cheese Pizza (B) Tossed Salad Sliced Oranges

Students from K-8 have a choice of 1% white milk or non-fat chocolate milk. Pre-K students are served 1% white milk only.

- * WG- Whole Grain
- * Meat Entrée'- (A)
- * Vegetarian Entrée'- (B)
- * Fresh Salad & Fruit Daily

Reduced priced entree' for Students is \$.40 cents and Adult entree' is \$3.95.

Your family may qualify for Free or Reduced priced meals. Applications are available in all the School lobbies. If you have any questions regarding the Food Service Program, you may contact Ms. Donna Maddox, Food Service Manager at (602) 938-5517 ext. 105 or email at dmaddox@choiceacademies.org