

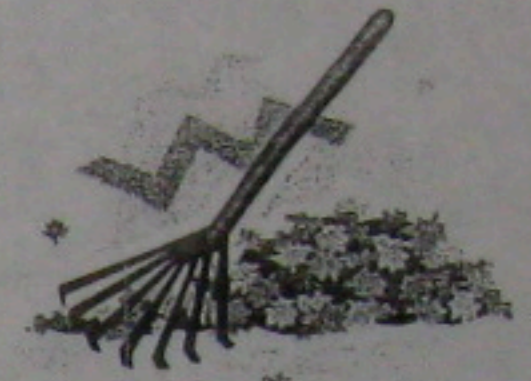
Heritage Christian


John Paul II

October 2009

Good Nutrition Is Our Mission

***Menu subject to change due to availability of food or school closure



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px;"> <p>**Denotes Pork Whole grain products served daily. Unlimited servings of fruits & vegetables. Sweeter Side Sliced Apples served each Wednesday</p> </div>	 National School Lunch Week October 12th—16th			1 **BBQ Riblet Sandwich Trail Mix	2 Chicken & Cheese Quesadilla Refried Beans Pudding	
	4	5 Ravioli French Bread Power Bar	6 Popcorn Chicken Potato Smiles	7 Hot Pockets	8 Pig-N-Blanket Mandarin Oranges	9 Taco Salad Cherry Juice Bar
11	12 <i>No School</i> All Star Lunches	13 Pretzel w/ Cheese Graham Crackers	14 Pizza Sweeter Side Sliced Apples	15 Sloppy Joe Seasoned Potato Bites	16 Creamy Mac N' Cheese Green Beans Jell-o Cubes	
18	19 Pizza Stuffed Meatballs (5 per serving) w/ Marinara Sauce	20 Chicken & Noodles Whole Grain Roll	7 Shaker Salad w/ Bread Stick (with salad only)	22 Corn Dog Fruit Snacks	23 Bean & Cheese Burrito	
25	26 Toasted Cheese Sandwich Tomato Soup Crackers	27 Spaghetti Texas Toast	28 Pizza Sweeter Side Sliced Apples	29 Teriyaki Wonder Bites Brown Rice	30 Chili Cinnamon Churro	31 