


# Lunch Menu

# October 2020



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Please cooperate to make Cornerstone peanut/nut free.


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			5 Turkey & cheese roll-up, carrots & pickles, milk	6 Sautéd chicken w/stir fry vegetables over rice, milk
12 French bread pizza, green bean salad, milk	13 Italian combo w/cheese, carrots, pickles, milk	14 Chicken nuggets, mashed potatoes, w/green beans & corn, milk	15 Hotdog, baked beans, sweet potato fries, milk	16 Minestrone soup, oyster crackers, milk
19 Chicken tetrazzini w/mixed vegetables, milk	20 Kielbasa, mixed vegetables, oven roasted potatoes, milk	21 Tuna fish boats, peas & carrots, chips, milk	22 Turkey & cheese on wheat, corn, cauliflower, milk	23 Chili, cheddar cheese, elbow pasta, corn, milk
26 T: Turkey sandwiches, carrots, cucumbers PSK: Chef salad (w/turkey), buttered roll, All: milk	27 Meatballs, tomato sauce, penne, broccoli, milk	28 Sunshine, chicken salad, (craisins, mandarin oranges, celery) wraps, green beans, milk	29 Sigrid's baked sausage & rice w/mixed vegetables, milk	30 <b>ORANGE DAY!</b> Baked macaroni & cheddar cheese, carrots, yams, orange milk

# Snack Menu

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			P.M. Pineapple tidbits, Wheat Thins, water	P.M. belVita crackers, milk
5 A.M. Whole grain cereal w/milk, water	6 A.M. Rice cakes w/cream cheese & jelly, water	7 A.M. Cinnamon applesauce, Wheat Thins, water	8 A.M. Oatmeal, milk	9 A.M. Whole grain cereal w/milk, water
P.M. Sliced banana, crackers, water	P.M. Sliced pears, crackers, water	P.M. Yogurt, crackers, water	P.M. Sliced apples, crackers, water	P.M. Sliced oranges, crackers, water
12 A.M. Sliced apples, crackers, water	13 A.M. Whole grain cereal w/milk, water	14 A.M. Sliced pears, crackers, water	15 A.M. Rice cakes w/cream cheese & jelly, water	16 A.M. Graham crackers, milk
P.M. Nacho chips w/salsa, water	P.M. Fruit smoothies, crackers, water	P.M. Pretzels, milk	P.M. Pineapple tidbits, Wheat Thins, water	P.M. Sliced oranges, crackers, water
19 A.M. Sliced bananas, Wheat Thins, water	20 Oatmeal, milk	21 A.M. Whole grain cereal w/milk, water	22 A.M. Sliced peaches, crackers, water	23 P.M. Applesauce, crackers, water
P.M. Chex milk, milk	P.M. Sliced apples, crackers, water	P.M. Fruit cocktail, crackers, water	P.M. belVita crackers, milk	P.M. Nacho chips w/salsa, water
26 A.M. Sliced peaches, crackers, water	27 A.M. Sliced pears, Wheat Thins, water	28 A.M. Whole grain cereal w/milk, water	29 A.M. Oatmeal, milk	30 <b>ORANGE DAY!</b> A.M. <b>Orange</b> slices, Wheat Thins, water
A.M. Graham crackers, milk	P.M. Fruit smoothies, crackers, water	P.M. Sliced oranges, Triscuits, water	P.M. Cinnamon applesauce, crackers, water	P.M. <b>Goldfish</b> crackers, <b>orange</b> milk