

OCTOBER | 2022



PRC Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 Chicken club wrap Side salad Fresh fruit Juice/milk
2 Ham and cheese wrap Chips Fresh fruit Juice/milk	3 Chicken burrito Brown rice Assorted veggies Fruit Juice/milk	4 Turkey club sandwich Roasted sweet potatoes Assorted veggies Fresh fruit Juice/milk	5 Penne pasta with kale pesto Garlic toast Assorted veggies Fruit Juice/milk	6 Homemade chicken tenders Roasted potatoes Veggies Fresh fruit Juice/milk	7 Pizza Assorted veggies Fruit Yogurt Juice/milk	8 Roast beef wrap Side salad Fresh fruit Juice/milk
9 Pulled chicken salad Chips Fresh fruit Juice/milk	10 Pork quesadilla Brown rice Assorted veggies Fruit Juice/milk	11 Sloppy joe Assorted veggies Fruit Juice/milk	12 Spaghetti with meatballs Garlic toast Assorted veggies Fruit Juice/milk	13 Fish sticks Brown rice Assorted veggies Fruit Juice/milk	14 Pizza Assorted veggies Fruit Yogurt Juice/milk	15 Chicken club wrap Side salad Fresh fruit Juice
16 Ham and cheese wrap Chips Fresh fruit Juice/milk	17 Chicken burrito Brown rice Assorted veggies Fruit Juice/milk	18 Turkey club sandwich Roasted sweet potatoes Assorted veggies Fresh fruit Juice/milk	19 Penne pasta with kale pesto Garlic toast Assorted veggies Fruit Juice/milk	20 Homemade chicken tenders Roasted potatoes Veggies Fresh fruit Juice/milk	21 Pizza Assorted veggies Fruit Yogurt Juice/milk	22 Roast beef wrap Side salad Fresh fruit Juicer/milk
23 Pulled chicken salad Chips Fresh fruit Juice/milk	24 Pork quesadilla Brown rice Assorted veggies Fruit Juice/milk	25 Sloppy joe Assorted veggies Fruit Juice/milk	26 Spaghetti with meatballs Garlic toast Assorted veggies Fruit Juice/milk	27 Fish sticks Brown rice Assorted veggies Fruit Juice/milk	28 Pizza Assorted veggies Fruit Yogurt Juice/milk	29 Chicken club wrap Side salad Fresh fruit Juice/milk
30 Ham and cheese wrap Chips Fresh fruit Juice/milk	31 Chicken burrito Brown rice Assorted veggies Fruit Juice/milk	1	2	3	4	5