



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Homemade Mac & Cheese Warm Golden Breadstick Steamed Peas Fresh Baby Carrots w4</p>	<p>3 Delicious Chicken Fajitas Pinto Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Salsa</p>	<p>4 Crunchy Frito Pie Crisp Romaine Lettuce Fresh Cherry Tomatoes Soft Flour Tortilla</p>	<p>5 Cheesy Beef Pasta Bake Steamed Mixed Vegetables Fresh Celery Sticks Garlic Breadstick</p>	<p>6 Cheeseburger Fresh Garden Salad Crisp Baked Fries</p>
<p>9 Columbus Day. w5</p>	<p>10 Golden Corn Dog Tangy Coleslaw Fresh Baby Carrots</p>	<p>11 Cheesy Beef Nachos Refried Beans Crisp Romaine Lettuce Fresh Diced Tomatoes</p>	<p>12 Warm BBQ Chicken Sandwich Creole Roasted Potatoes Crisp Romaine Lettuce Fresh Diced Tomatoes</p>	<p>13 Professional Development no school</p>
<p>16 Toasty Grilled Cheese Fresh Popeye Salad Tomato Soup w6</p>	<p>17 Golden Chicken Nuggets Steamed Green Beans Fresh Baby Carrots Dinner Roll</p>	<p>18 Zesty Tachos Spanish Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans</p>	<p>19 Wild Rice Deep Dish Chili Dinner Roll Baked French Fries Fresh Baby Carrots</p>	<p>20 Parent/Teacher Conference No-school</p>
<p>23 Cheesy Baked Ziti Sweet Corn Fresh Broccoli Trees w1</p>	<p>24 Crunchy Frito Pie Zesty Spanish Rice Pinto Beans w/Salsa Crisp Romaine Lettuce</p>	<p>25 Roasted Turkey w/Gravy Dinner Roll Smashed Yukon Gold Potatoes Crunchy Baby Carrots</p>	<p>26 Sweet & Sour Chicken Nuggets Brown Rice Fresh Broccoli Trees</p>	<p>27 Pepperoni Pizza Crisp Garden Salad Steamed Green Beans</p>
<p>30 Pancakes/ French Toast Sticks Scrambled Eggs Toasty Tator Tots w2</p>	<p>31 Crispy Chicken Parmesan Spaghetti Italian Vegetables</p>	<p>Extra Text</p>	<p>Butternut squash can be substituted in any recipe for pumpkin.</p> 	 <p>ChooseMyPlate.gov</p>

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at pojoaque@aviands.com or call 505 455 22 55

