

PCDS OCTOBER 2011 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Turkey on wheat -OR- Macaroni & Cheese <ul style="list-style-type: none"> ▪ Apple ▪ Carrots ▪ Chocolate pudding 	4 Ham on wheat -OR- Taco Salad <ul style="list-style-type: none"> ▪ Orange ▪ Cucumber & tomatoes ▪ Strawberry yogurt 	5 Baked Potato -OR- S'west Chicken Salad Wrap <ul style="list-style-type: none"> ▪ Cantaloupe ▪ Carrots ▪ Graham crackers 	6 Chef Salad -OR- Spaghetti & meat sauce <ul style="list-style-type: none"> ▪ Banana ▪ Broccoli w/ dip ▪ Pretzel trail mix 	7	8 www.utahsmartlunches.com Tiffany Allen: 801.638.8013 Tiffany.allenjd@gmail.com
9	10 Tuna on Wheat -OR- Chicken Alfredo <ul style="list-style-type: none"> ▪ Apple ▪ Cucumber & tomatoes ▪ Graham crackers 	11 Ham on Wheat -OR- Chicken Quesadilla <ul style="list-style-type: none"> ▪ Cantaloupe ▪ Carrots ▪ Chocolate pudding 	12 Marinated Chicken Salad -OR- Hot Veggie Pasta <ul style="list-style-type: none"> ▪ Orange ▪ Strawberry yogurt 	13 Chicken Noodle Soup -OR- Chicken Salad Sandwich <ul style="list-style-type: none"> ▪ Banana ▪ Broccoli w/dip ▪ Pretzel trail mix 	14	15
16	17 Chef Salad -OR- S'west Chicken Bowl <ul style="list-style-type: none"> ▪ Apple ▪ Roll – salad ▪ Chocolate chip cookie 	18 Asian Pasta Salad -OR- Bean & Cheese Burrito <ul style="list-style-type: none"> ▪ Banana ▪ Carrots ▪ Strawberry Yogurt 	19 Turkey on Wheat -OR- Minestrone Soup <ul style="list-style-type: none"> ▪ Cantaloupe ▪ Cucumber & Tomato ▪ Graham Crackers 	20 Broccoli Alfredo -OR- Ham on Wheat <ul style="list-style-type: none"> ▪ Orange ▪ Carrots ▪ Pretzel Trail Mix 	21	22
23	24 Tuna on Wheat -OR- Baked Potato <ul style="list-style-type: none"> ▪ Apple ▪ Carrots ▪ Graham Crackers 	25 Minestrone Soup -OR- Turkey Wrap <ul style="list-style-type: none"> ▪ Cantaloupe ▪ Cucumber & Tomato ▪ Strawberry Yogurt 	26 Italian Pasta Salad -OR- Chicken Quesadilla <ul style="list-style-type: none"> ▪ Banana ▪ Carrots ▪ Chocolate Chip Cookie 	27 Hummus Veggie Wrap -OR- Chickn Teriyaki Bowl <ul style="list-style-type: none"> ▪ Broccoli w/dip ▪ Orange ▪ Pretzel Trail Mix 	28	29
30	31 Chef Salad -OR- Spaghetti & meat sauce <ul style="list-style-type: none"> ▪ Apple ▪ Carrots ▪ Chocolate Pudding 					