


# Rancho Heritage School



## Busy Bees' Lunch Menu

October 2017

Milk or Water Fresh Fruit (Banana, Orange, or Melons) are served with every meal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Grilled Cheese Sandwich & Baby Carrot	3 Orange Chicken & Rice, Steamed Vegetable	4 Quesadillas & Green Beans	5 Chicken Fettuccine Alfredo with Broccoli	6 Whole Wheat Cheese Pizza & Tossed Green Salad	7
8	9 Spaghetti Marinara Sauce & Beef Meatball & Green Salad	10 Fish Stick, Fries & Mixed Vegetables (Ranch & Ketchup)	11 Turkey or Beef Hotdog Baby Carrot (Ranch, BBQ & Ketchup)	12 Chicken Nuggets French Fries & Steamed Green Bean (Ranch & Ketchup)	13 Whole Wheat Cheese Pizza & Tossed Green Salad	14
15	16 Chicken Taquitos, & Spanish Rice with Corn	17 Lasagna with Beef Sauce & Tossed Green Salad	18 Turkey Sandwich and Baby Carrots	19 Bean & Cheese Burritos with Mixed Vegetables	20 Whole Wheat Cheese Pizza & Tossed Green Salad	21
22	23 Chicken Breast Patty Sandwich & Steamed Corn (Ranch, BBQ & Ketchup)	24 Macaroni & Cheese & Mixed Vegetable	25 Quesadillas & Green Beans	26 Teriyaki Chicken Steamed Vegetable & Rice	27 Whole Wheat Cheese Pizza & Tossed Green Salad	28
29	30 Chili Cheese Fries & Corn	31 Spaghetti Marinara Sauce & Beef Meatball & Green Salad				