



# Rancho Heritage School



## Busy Bees' Lunch Menu

October 2018

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

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