

CANNON RIVER STEM SCHOOL LUNCH MENU

October 2010

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
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					Sweet & Sour Pork White Rice/*Buns Potato Smiles Chilled Fruit Lowfat White or Choco Milk	
	4	5	6	7	8	
	Popcorn Chicken Baked French Fries Rolls/*Crackers Fruit Cocktail Lowfat White or Choco Milk	Sausage Pizza Veggies and Dip Hot Cinn Roll Fruit Salad Lowfat White or Choco Milk	Hot Beef Sandwich Chips Carrots Pineapple Lowfat White or Choco Milk	Beef Burrito Baked Beans Bread Slice Mixed Fruit Lowfat White or Choco Milk	Macaroni and Cheese Steamed Peas Garlic Bread Chilled Fruit Lowfat White or Choco Milk	
	11	12	13	14	15	
	Ground Beef Stroganoff Golden Corn Dinner Roll/*White Rice Fruit Lowfat White or Choco Milk	Turkey Pot Pie Peas Bread Slice Peach Slices Lowfat White or Choco Milk	Chicken Nuggets Oven Ready Fries Roll / Stir-Fry Rice Fresh Cut-Up Fruit Lowfat White or Choco Milk	Chicken Tetrzzini Green Beans *Rolls/Asian Fried Rice Apple Sauce Lowfat White or Choco Milk	Chicken Fajitas Spanish Rice/*Chips Glazed Carrots Orange Juice Cup Lowfat White or Choco Milk	
	18	19	20	21	22	
	Scrambled Eggs Pancakes Corn Pudding Mandarin Oranges Lowfat White or Choco Milk	Meatloaf Mashed Potatoes/Gravy Wheat Breads /Teddy Grahams Whole Fruit Lowfat White or Choco Milk	No School	No School	No School	
	25	26	27	28	29	
	Breaded Chicken Drumsticks Baked Potato Wedge Roll and Corn Bread Apple Juice Lowfat White or Choco Milk	Sloppy Joe on Bun Baked Sweet Potatoes Wild Rice Blend Fruit Lowfat White or Choco Milk	Oven Fried Chicken Steamed Corn Bread Sticks Chilled Fruit Lowfat White or Choco Milk	Beef Stew White Rice Biscuits Whole Fruit Lowfat White or Choco Milk	Meat Balls Spaghetti Apple-Cabbage Slaw Fruit Lowfat White or Choco Milk	

****Items that have an asterisk after them will only be served to 7th grade students.***