



# Tammy's Catering Hot Lunch Menu October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham Croquettes White Rice Black Beans Fresh Fruits	3 Grilled Chicken Strips Mashed Potatoes Veggies Fresh Fruits	4 Pancakes Bacon Fresh Fruits	5 Oven Baked Ziti Veggies Roll Fresh Fruits	6 Pizza Chips Cookies
9 Arrox Con Pollo Veggies Roll Fresh Fruits	10 Picadillo White Rice Black Beans Fresh Fruits	11 Oven Roasted Chick. Wings Mashed Potatoes Veggies Fresh Fruits	12 Mac and Cheese Veggies Roll Fresh Fruits	13 Pizza Chips Cookies
16 Italian Style Meatball Sub Fresh Fruits	17 Pulled BBQ Pork Sandwich Chips Fresh Fruits	18 French Toast Bacon Fresh Fruits	19 Spaghetti with Meat Sauce Veggies, Roll Fresh Fruits	20 Pizza Chips Cookie
23 Asian Glazed Chicken Brown Rice Veggies Fresh Fruits	24 Pulled BBQ Pork Sandwich Chips Fresh Fruits	25 Shredded Beef White Rice Black Beans Fresh Fruits	26 Mac and Beef Veggies Roll Fresh Fruits	27 Pizza Chips Cookie
30 Eggs Bacon Fresh Fruits	31 Tacos Yellow Rice Corn Fresh Fruits			

**Alternative Meals:**

Mon: Hamburger

Tues: Chicken Nuggets

Wed: Ham/Cheese Sandwich

Thurs: Turkey/Cheese Sandwich Friday: Ravioli

**All meals come with juice, white milk, or chocolate milk.**