

# OCTOBER 2019

## Norfolk Aggie

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Caesar Salad Chicken Wrap, Roasted Carrots, Crispy Veggie Sticks, Fruit Cup</i>	2 <i>Boneless Pork Rib W/G Burger Roll, Corn Nibbles, Crispy Veggie Sticks, Apple Sauce</i>	3 <i>BBQ Texas Burger w/ Cheese and Onion Ring, On a Roll, Baked Vegetarian Beans, Watermelon Cup, Crispy Veggie Sticks</i>	4 <i>Stuffed Crust Pizza Chic-pea Salad, Veggie Sticks, Fresh Fruit Cup</i>
7 <i>American Chop Suey, Romaine Salad, Corn Nibbles, Fruit Cup</i>	8 <i>Teriyaki Chicken, Asian Pineapple Rice, Broccoli Medley, Fresh Fruit Cup</i>	9 <i>Turkey Ham and Cheese Croissant, Romaine Salad, Crispy Veggie Sticks, Fresh Fruit Cup</i>	10 <i>Tomato Soup w/ Grilled Cheese, Romaine Salad, Crispy Veggie Sticks, Fruit Cup</i>	11 <i>Buffalo Chicken Macaroni and Cheese, Romaine Salad, Sweet Corn, Fruit Cup</i>
14 <b>COLUMBUS DAY</b>	15 <i>Beef Chili w/ Beans and Corn and Cheese, Tortilla Boat, Crispy Veggie Sticks, Fresh Fruit Cup</i>	16 <b>Italian Sampler</b> <i>Lasagna Wrap, Meatballs, Garlic Green Beans, Crispy Veggie Sticks, Melon Cup</i>	17 <i>Boneless Pork Rib, W/G Burger Roll, Cole Slaw, Romaine Salad, Apple Sauce</i>	18 <i>French Bread Pizza, Marinara Dipping Sauce, Black Bean and Corn Salad, Fruit Cup</i>
21 <i>Fajita Chicken, Peppers, Onions, Salsa, Tortilla Wrap, Rice Medley, Fruit Cup</i>	22 <i>Chicken Parm w/ Pasta, Mozzarella Cheese, Kale and Squash Salad, Fresh Fruit Cup</i>	23 <b>Breakfast for Lunch</b> <i>French Toast Sticks, Ham,, Home-fry Potatoes, Strawberry Cup</i>	24 <i>BBQ Pulled Pork Sandwich, Cole Slaw, Apple Sauce</i>	25 <i>French Bread Pizza, Marinara Dipping Sauce, Romaine Salad, Roasted Carrots, Fruit Cup</i>
28 <i>Turkey Stew, Warm Dinner Roll, Romaine Salad, Crispy Veggie Sticks, Fruit Cup</i>	29 <i>Tangerine Chicken, Fluffy Asian Rice Veggie Medley, Assorted Fruit Cups</i>	30 <i>Pork Taco w/ Lettuce, Tomato and Cheese, Tortilla Chips, Beans and Rice, Fresh Fruit</i>	31 <i>Pasta w/ Meatballs, Garlic Green Beans, Crispy Veggie Sticks, Fruit Cup</i>	

**Breakfast is Served Daily-** Egg Sandwiches, French Toast or Pancakes, Cereal, Bagels, Fruit Parfaits, Smoothies and Muffins. **Available Daily-** Cold Subs, Meatball Subs, Grilled Cheese, Assorted Salads, Carrot Stick w/Hummus, Fresh Cut Fruit Cup, Whole Fresh Fruit, 100% Fruit Juice.