

October 2016

Armstrong Township High School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL MEALS SERVED WITH LOWFAT OR 1% MILK	MENUS SUBJECT TO CHANGE					1
2	3 French Toast Sausage & Patty Tri Tater Oranges, Muffin	4 Chicken Pajitas with Lettuce & Tomatoes Spanish Rice, Refried Beans Strawberries, WG Tortilla Chips & Salsa	5 Salisbury Steak Mashed Potatoes California Blend Veg. Bananas, WG Roll	6 Corn Dogs Baked Beans Pineapple Sunchips	7 No School Teacher's Institute	8
9	10 No School Columbus Day	11 Hot Ham & Cheese French Fries Celery & Carrots Applesauce	12 Turkey Slices Mashed Potatoes Carrots, WG Roll Pumpkin Bars	13 Meatball Subs Peas Pineapple Cottage Cheese	14 Hot Dogs Broccoli Peach Crisp Sunchips	15
16	17 Chicken Tacos Fresh Veggie Tray Applesauce WG Chips & Salsa	18 Stromboli Lettuce Salad with Romaine, Oranges Cottage Cheese	19 Chef Salad with Turkey & Ham Banana Cheese Stick	20 Chicken Wraps Seasoned Rice Corn Peaches	21 No School Parent Teacher Conferences	22
23	24 Pork Ribs Baked Beans Peas Triple Berry Buckle	25 Biscuit & Gravy Sausage Patties Tri Taters Oranges	26 Chicken Patties Mashed Potatoes & Gravy, Green Beans Strawberries WG Roll	27 Goulash Lettuce Salad Bananas Cheesy Biscuits	28 Turkey Subs Celery Sticks, Carrots & Cucumbers Peach Crisp, Sunchips	29
30	31 Chicken Nuggets Tater Tots Corn Pears					