

October 2017

Armstrong Township High School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bean & Beef Burritos, Corn Spanish Rice Parfait Cups No Bake Cookies	3 Biscuits & Gravy Tri Taters Sausage Patty Orange Juice Muffin	4 Chicken & Noodles Mashed Potatoes Green Beans Oranges WG Roll	5 Hot Dogs French Fries Broccoli Pears	6 No School Teacher's Institute	7
8	9 No School Columbus Day	10 Chicken Nuggets Tater Tots Peaches Cup Cakes	11 Pizza Bake Corn Cantalope Garlic Bread	12 Chili Celery/Carrots Banana Cinnamon Rolls	13 Pork Ribs Sweet Potatoes Pears Cottage Cheese Cookie	14
15	16 Pigs in a Blanket Potato Wedges Broccoli/Cheese Triple Berry Buckle	17 Beefy Cheesy Nachos Refried Beans Grapes Brownies	18 Salisbury Steak Mashed Potatoes Cali Blend Vegetables Banana WG Roll	19 Chicken Patty Sandwich, Cheesy Hashbrowns, Peas Mandarin Oranges Cake	20 No School Parent/Teacher Conferences	21
22	23 Beef Tacos Spanish Rice Fruit Fluff Corn Chips/Salsa	24 Stromboli Fresh Carrots/Celery Peaches Cottage Cheese	25 Baked Ham Cheesy Mashed Potatoes, Green Beans, Strawberries Dinner Roll	26 Spaghetti Salad Pears Cheesy Biscuits	27 Corn Dogs Baked Beans Apple Fritos Cake	28
29	30 French Toast Sticks, Sausage Patty Tri Tater Orange Wedges Muffin	31 Chicken Alfredo Broccoli Peaches WG Roll			ALL MEALS SERVED WITH LOWFAT OR 1% MILK	MENUS SUBJECT TO CHANGE