

# October 2018

## Armstrong Township High School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Baked Ham Cheesy Mashed Potatoes, Green Beans, Strawberries Dinner Roll	2 Beefy Cheesy Nachos, Refried Beans, Grapes Brownies	3 Spaghetti Salad Pears Cheesy Biscuits	4 Hamburgers/Bun French Fries Peas Mixed Fruit No Bake Cookies	5 No School Teacher's Institute	6
7	8 No School Columbus Day	9 Chicken Fajitas Spanish Rice, Refried Beans, Peaches Chips/Salsa Pudding	10 Chili Celery/Carrots Pears Cinnamon Roll	11 Chef Salad with Ham & Turkey Pineapple Cottage Cheese Bosco Sticks, Cookie	12 Hot Dogs French Fries Cali Blend Vegetables Banana	13
14	15 Beef and Bean Burritos Corn Spanish Rice Parfait Cups	16 Chicken Alfredo Broccoli Peaches WG Roll	17 Goulash Green Beans Applesauce Garlic Cheese Bread	18 Chicken Patty Mashed Potatoes & Gravy, Carrots Grapes	19 No School Parent-Teacher Conferences	20
21	22 Chicken Tacos Spanish Rice Corn Fruit Fluff Chips/Salsa	23 Stromboli Salad Peaches Cottage Cheese	24 Biscuits & Gravy Tri Taters Sausage Patty Orange Juice Muffin	25 Salisbury Steak Mashed Potatoes Cali Blend Vegetables Banana WG Roll	26 Pigs in a Blanket Potato Wedges Broccoli/Cheese Triple Berry Buckle	27
28	29 Chicken Wraps with Lettuce & Tomatoes, Peas Peaches Cookie	30 Chicken & Noodles Mashed Potatoes Green Beans Pears WG Roll	31 Breakfast Pizza Tri Taters Sausage Patty Orange Juice Muffin	<b>ALL MEALS SERVED WITH LOWFAT OR 1% MILK</b>		<b>MENUS SUBJECT TO CHANGE</b>