

Firebird Café Menu

Oct. 2012

Fall is upon us. Let's Go Fire up Birds!!

Monday	Tuesday	Wednesday	Thursday	Friday
10/1 Sloppy Joe Chef Salad, Toss Salad Peas/Carrot, Fresh Fruit Mandarin Oranges	10/2 2 Taco's Chicken Salad/ bun or crackers, Toss Salad, Corn, Fresh Fruit, Peaches	10/3 BBQ Chicken Sand. Chef Salad, Toss Salad, Green Beans, Fresh Fruit, Pineapples	10/4 Turkey Club Sandwich Pasta Salad, Toss Salad, Broccoli, Fresh Fruit, Pears	10/5 Firebirds, Chef Salad, Toss Salad, Mixed Veggie, Fruit Medley, Fresh Fruit
10/8 Cheeseburger, Chef Salad, Toss Salad, Corn, Fresh Fruit, Applesauce,	10/9 Sweet n sour chicken Over rice, Pasta Salad, Toss Salad, Green Beans, Peaches, Fresh Fruit	10/10 Chicken Patty/bun, Chef Salad, Toss Salad, Baked Beans, Mandarin Oranges Fresh Fruit	10/11 Firebird, Turkey Sandwich, Toss Salad, Broccoli, Fresh Fruit, Pears	10/12 No School
10/15 BBQ Pork Sub, Chef Salad, Toss Salad, Peas/Carrots, Fresh Fruit Pineapples	10/16 Chicken Nuggets, PBJ, Toss Salad Broccoli, Peaches, Fresh Fruit	10/17 Turkey Sandwich, Chef Salad, Toss Salad, Carrots, celery, Applesauce Fresh Fruit	10/18 Meatball Sub Tuna Salad/bun or Crackers, Toss Salad, Corn, Fresh Fruit, Pears	10/19 Grill Cheese- Plain or Tomato Chef Salad, Toss Salad, Veggie Medley, Mixed & Fresh Fruit
10/22 2 Taco's, Chef Salad, Toss Salad, Corn, Fresh Fruit Mandarin Oranges	10/23 Sloppy Joe's, PBJ, Toss Salad, Green Beans, Pears, Fresh Fruit	10/24 Chicken Sandwich, Chef Salad, Toss Salad, Cauliflower, Pineapples, Fresh Fruit	10/25 Turkey Wrap, Pasta Salad, Toss Salad, Broccoli, Fresh Fruit, Applesauce	10/26 Firebirds, Chef Salad, Toss Salad Veggie Medley Mixed Fruit Fresh Fruit
10/29 Fish Sandwich, Chef Salad, Toss Salad, Baked Beans, Fresh Fruit, Mandarin Oranges	10/30 Chicken Fajita, PBJ, Toss Salad, Corn, Fresh Fruit, Peaches	10/31 Scary Wraps, Some kind of protein, Spilled Salad, Green Beans, Maybe Fresh Fruit. HAHA~ <i>Be Safe tonight please return tomorrow ☐☐☐</i>	Happy Halloween	

Menu is subject to change without notice. Thanks for your understanding.

Daily lunch includes: 1 main item, 2 cups fruit & veggies, ½ pt. of milk 1% or fat free,
and wheat or whole grain bread.

Daily lunch \$3.25. A lunch pass is \$13.00, checks made out to D.O.C. - Use when needed.

Free and Reduced program goes from Oct. 1 of the current year to the last serving day in Sept. of the next school year. This institution is an equal opportunity provider and employer.