

**NEW DAWN SCHOOL LUNCH MENU  
OCTOBER 2016 GRADES K-12**

<p>* High School only receives this item.</p>	<p>Famous Quotes: "the best way to cheer yourself up is to cheer someone else up" Mark Twain</p>			<p>Famous Quotes:"Most folks are about as happy as they make their mind to be." Abraham Lincoln</p>
<p><b>3.Monday-Menu A</b> Chicken nuggets Mashed potatoes Spinach Cornbread muffin Pears Raisins*H.S. ketchup Milk 1%</p>	<p><b>4.Tuesday</b> Chicken rice soup Cheese sandwich Gateway tossed salad Vanilla ice cream Fruit cocktail Pears *H.S. Fat free ranch dressing Milk 1%</p>	<p><b>5.Wednesday</b> Beef Burrito Black beans Brown rice*H.S. Peaches Salsa Sour cream Milk 1%</p>	<p><b>6.Thursday</b> Turkey ham &amp; bean soup New dawn green beans Herbed cauliflower Apple sauce cup Bread/margarine Jelly*H.S. Milk 1%</p>	<p><b>7.Friday</b> Fish sticks Peas &amp; carrots Stewed tomatoes Wholegrain bread Spiced peaches Tartar sauce/margarine cup Apple juice*H.S. Milk 1%</p>
<p><b>10.Monday –Menu F</b> Baked ham Carrots Scalloped potatoes Cornbread muffin Banana Pineapple *H.S. Margarine-Jelly Milk 1%</p>	<p><b>11.Tuesday</b> Tuna salad sandwich Gateway tossed salad Baked potato chips Spiced peaches Fat free ranch dressing Milk 1%</p>	<p><b>12.Wednesday</b> Mexican chicken Black beans Brown rice*H.S. Mexicali corn Applesauce Sour cream Milk 1%</p>	<p><b>13.Thursday</b> Beef vegetable soup Roast turkey &amp; cheese sandwich Broccoli salad Lettuce &amp; tomato Baked potato chips*H.S Pineapple tidbits Mayonnaise Milk 1%</p>	<p><b>14.Friday</b> Turkey Macaroni Cauliflower &amp; cheese Garlic toast Mandarin oranges Chocolate pudding*H.S. Milk 1%</p>

<p><b>17.Monday –Menu C</b>  Pork,dressing &amp; gravy  Orange glazed sweet potatoes  Spinach  Applesauce cup  bread/margarine*H.S.  Milk 1%</p>	<p><b>18.Tuesday</b>  Sausage pizza  Gateway tossed salad  Corn  Peach cup  Pears*H.S.  Light Italian dressing  Milk 1%</p>	<p><b>19.Wednesday</b>  Chicken tamale pie  Refried beans  Brown rice  Spiced apples  Milk 1%</p>	<p><b>20.Thursday</b>   <b>STAFF DEVELOPMENT</b>  <b>NO STUDENTS</b></p>	<p><b>21.Friday</b>   <b>STAFF DEVELOPMENT</b>  <b>NO STUDENTS</b></p>
<p><b>24.Monday</b>  Menu C  Macaroni with chicken/broccoli  New Dawn carrots  bread/margarine*H.S.  Orange juice  Applesauce cup  Milk 1%</p>	<p><b>25.Tuesday</b>  Chicken divan  Gateway tossed salad  Green peas  Peaches  Banana *H.S.  Fat free Italian dressing  WG bread  Margarine/jelly  Milk 1%</p>	<p><b>26.Wednesday</b>  Beef a Roni  Black eyed peas  Garlic toast  Pineapple tidbits  Milk 1%</p>	<p><b>27.Thursday</b>  BBQ chicken  New dawn coleslaw  Three bean salad  Hamburger bun  Mandarin oranges  Vanilla Pudding cup*H.S.  Milk 1%</p>	<p><b>28.Friday</b>  Mexican beef &amp; macaroni  Peas &amp; carrots  Cornbread  Margarine cup  Apricots  Milk 1%</p>

**31. MONDAY Menu E**  
Chicken & dumplings  
Broccoli  
Corn  
Cornbread/margarine  
Spiced peaches  
Milk