



Rainbow School
Breakfast and Lunch Me
October 2012



Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Fruit Cocktail *** Teri Hamburger On Bun Celery/Dip Oranges 1	English Muffins Peaches *** Chicken Curry w/vegetables Rice Apples 2	Sweetbread Pears *** Chow Mein W/Char Siu Mixed Vegetables Pineapple 3	Cereal Mandarin Oranges *** Salami & Cheese Sandwich Cucumbers/Dip Cantaloupe 4	NO SCHOOL TEACHING STAFF IN- SERVICE TRAINING 5
NO SCHOOL DISCOVERER'S DAY 8	Bagel Pineapple Tidbits *** Hamburger Stew w/Vegetables Rice Apples 9	Banana Muffins Fruit Cocktail *** Soft Taco w/Chicken Lettuce/tomato/cheese Flour Tortilla Pineapple 10	Raisin Bread Peaches *** Creole Macaroni w/Ground Beef Mixed Vegetables Banana 11	Cereal Pears *** Ham & Cheese Sandwich Cucumbers/Dip Cantaloupe 12
Cereal Applesauce *** Teri Chicken on Bun Celery/Dip Oranges 15	English Muffin Mandarin Oranges *** Chow Mein w/Chicken Mixed Vegetables Apples 16	Peach Muffins Fruit Cocktail *** Chili w/Ground Beef Corn Rice Pineapple 17	Sweet Bread Peaches *** Macaroni & Cheese w/Ham Tossed Salad Banana 18	Cereal Pineapple Tidbits *** Chicken and Cheese Sandwich Cucumbers/Dip Cantaloupe 19
Cereal Pears *** Sloppy Joe w/ Ground Beef on Bun Carrot/Dip Oranges 22	Bagel Mandarin Oranges *** Portuguese Bean Soup w/Vegetables Cheese/Crackers Apples 23	Blueberry Muffins Peaches *** Chicken Long Rice Won Bok Salad Rice Pineapple 24	Raisin Bread Fruit Cocktail *** Spaghetti w/ Meat Sauce Tossed Salad Banana 25	Cereal Pineapple Tidbits *** Turkey & Cheese Sandwich Cucumber/Dip Cantaloupe 26
Cereal Applesauce *** Hamburger on Bun Celery/Dip Oranges 29	English Muffin Pears *** Chicken Noodle Soup w/Vegetables Crackers/Cheese Apples 30	Applesauce Muffins Mandarin Oranges *** Kalua Pork W/Cabbage Rice Pineapple 31	AND JUSTICE FOR ALL This facility is operated in accordance with U.S. Dept. of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C., 20250.	Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C., 20250. Menu subject to change without notice. Fruit in season may be substituted. 1% milk served with all meals.