



Our Little Helpers

PUC LCHS, TCHS, TCA, CCES, CAM, CAH, ECALS, EXC, MIL, NECA, ICA

			<p><b>Oct 1</b>  <b>-Veggie Taco Loco Salad with Whole Grain Dinner Roll, Whole Grain Croutons and Ranch Dressing Packet</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 2</b>  <b>-Classic Turkey &amp; Cheddar Sandwich with Mayonnaise Packet, Seasoned Blanched Broccoli Florets</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>
<p><b>Oct 5</b>  <b>-Five Cheese Lasagna with Carrot Coins</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 6</b>  <b>-Creamy Chicken Alfredo with Corn</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>	<p><b>Oct 7</b>  <b>-Pepperoni Pizza with Seasoned Blanched Broccoli Florets</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 8</b>  <b>-Crispy Chicken Sandwich with Lettuce and Tomato Slices, Ketchup Packet and</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 9</b>  <b>-Chicken Chilaquiles with Scoops and Corn</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>
<p><b>Oct 12</b>  <b>-BBQ Chicken with Cheesy Rice and Braised Greens</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 13</b>  <b>-Cheesy Bean &amp; Salsa Nacho Dip with Scoops and Hot Sauce Packet</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>	<p><b>Oct 14</b>  <b>-Chicken Caesar Salad with Whole Grain Croutons and Caesar Dressing Packet</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 15</b>  <b>-Classic Turkey &amp; Cheddar Sandwich with Mayonnaise Packet, Seasoned Blanched Broccoli Florets</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 16</b>  <b>-Cheese Pizza with Diced Steamed Carrots</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>
<p><b>Oct 19</b>  <b>-Supper Power Kit! Ranch Rumbles, Goldfish Colors, Sunflower Seeds &amp; String Cheese with Baby Carrots</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 20</b>  <b>-Flame-Broiled Beef Cheeseburger with Lettuce and Tomato Slices, Ketchup Packet</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>	<p><b>Oct 21</b>  <b>-Shredded BBQ Chicken Plate with Tangy Beans and Biscuit and Paradise Punch 100% Juice</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 22</b>  <b>-Bean &amp; Cheese Burrito with Salsa</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 23</b>  <b>-Chicken Teriyaki with Carrot Rice and Seasoned Broccoli</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>
<p><b>Oct 26</b>  <b>-Cheese Enchilada Seasoned Rice and Corn</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 27</b>  <b>-Cheese Pizza with Baby Carrots</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>	<p><b>Oct 28</b>  <b>-Mac &amp; Cheese with Broccoli</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 29</b>  <b>-Chicken Taco Trio with Carrot Rice and Corn and Hot Sauce Packet</b>          -Fresh Fruit          -Chocolate Milk: 0%          -Milk: 0%</p>	<p><b>Oct 30</b>  <b>-Cheesy Ravioli and Corn with Whole Grain Dinner Roll</b>          -Fresh Fruit          -Milk: 0%          -Milk: 1%</p>