

Nederland Jr/SR High October, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Sausage Pizza Cheese Pizza Sandwich Wrap	4 Beef Nachos Bean and Cheese Nachos Refried Beans, Br. Rice Tuna Fish Sandwich	5 Hot Dog/Chili Dog Fireside Cheesy Broccoli Stuffed Potato/Roll Pasta w/ Meat Sauce	6 Asian BBQ Glazed Chicken or Tofu Toasted Cheese Sandwich Cheese Pizza	7 Mac and Cheese Vegetable de Jour Chicken Chili w/ Cornbread	8
9	10 Sausage Pizza Cheese Pizza Cheesy Baked Penne Marinara	11 Hamburger Cheeseburger Veggie Cheese Burger Combo Sub	12 Chicken Fajita Cheese Quesadilla Brown Rice Egg salad Sandwich	13 Garlic Chicken Pasta Cheesy Garlic Pasta Vegetable de Jour Turkey Ham/Cheese Grinder	14 PROFESSIONAL DEVELOPMENT DAY- No School	15
16	17 Sausage Pizza Cheese Pizza Sandwich Wrap	18 Chicken Burrito Bean and Cheese Burrito Brown Rice	19 Cheesy Baked Penne Marinara	20 Chicken Teriyaki Stirfry/Rice Tofu Teriyaki Stirfry/Rice	21 Hot Turkey, Mashed Potatoes, Gravy/Biscuit Vegetarian Chili/Biscuit Cheese Pizza	22
23	24 Sausage Pizza Cheese Pizza Toasted Turkey and Jack Sandwich	25 Hot Dog/Chili Dog Fireside Cheesy Broccoli Stuffed Potato/Roll Chilaquiles	26 Crispy Chicken Taco Crispy Bean and Cheese Taco Refried Beans Burger w/Cheese	27 Cajun Chicken Grinder Pasta Marinara Cheese Pizza	28 Mac and Cheese Vegetable de Jour Hot and Spicy Chicken with Roll	29
30	31 Cheese Pizza Vegetarian Sandwich Wrap Meatless Monday					